



WEL AMERICA 2024

3rd MILLENNIUM WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, MANAGEMENT POSITIVE PSYCHOLOGY, MENTAL HEALTH CONFERENCE (EDITION 4)

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As parents, we want our kids to grow up with confidence, where they are able to courageously navigate through their lives, living to their full potential. And yet, because of our high expectations and our own shortcomings, sometimes, we may act in ways that could potentially hold them back.

As a Chinese girl who came from Hong Kong to Canada when I was 11, my parents went over and

beyond to give me the opportunities I needed. And at the same time, because of our cultural beliefs and upbringing, they passed on many limiting beliefs onto me. For most of my life, I lacked self-confidence, and felt that my voice wasn't valuable enough to be heard. I felt "trapped" in my reality, and I didn't have the capacity to break out of the mold I was in. I felt the need to constantly perform to prove my worth, or else I would be judged and criticized. Through the journey of self-awareness, accepting negative emotions, and cultivating the courage within me, that allowed me to stand up for myself, despite other people's opinions. I gave myself time to explore my dreams and build up my skills. I got certified as a Life Coach and became an Award Winning Speaker. I celebrated every single win and failure in order to get to where I am today. And through this, I also saw the impact I had on my son. I saw his ability to speak up for himself, to process difficult emotions in order to take on challenges, and to grow up to be a confident young man. So in this talk, I will share 5 Things to Do to Raise Confident Kids. Let's embrace our light, so that we can showcase our kids' brilliance.

Biography

Claudia Chan is a Courage Coach, International Best Selling Author, and Speaker dedicated to empowering Asian women. Through her transformative coaching, her clients get to heal, and love themselves, so they can raise confident, loving and courageous kids. Claudia has been featured in prominent media outlets and authored the international bestseller, "Asian Women Trailblazers Who BossUp." She is also a host to her podcast

5 THINGS TO DO TO RAISE CONFIDENT KIDS

Claudia Chan

Host, Podcast "Extraordinary Asian Women".
Courage Coach, Canada

"Extraordinary Asian Women". When she is not working, she loves to spend time with her 6 year old son and her husband. Claudia loves to dance tango and salsa, travel around the world, have fun! She believes that if everyone can live the life they love, this world would be so much better!

their true selves. Her manual empowers readers to uncover their distinctive qualities, fostering personal growth and transformation. With a global perspective, she's dedicated to helping people harness their uniqueness, making an indelible impact on their lives.