

Day Timeline

13 October 2026

13 October 2026

22:00
23:00

Confidence Blueprint: Building Unshakable Resilience !

[Workshops, Virtual Events Online \(Zoom\)](#)

A live, interactive workshop walking through the Confidence Blueprint framework -- practical tools for handling setbacks, self-talk, and momentum. Includes a live Q&A with C. Lloyd Buchanan.