



Sharon FultonBever

Put your boots on – what confidence really is





Introduction

By the end of this session you will:

- Know what confidence is
- Trick your brain to being more confident and balanced
- Use your spirit to help you
- Have some tools to help you step into your confidence boots





Outline

Confidence is..

What your brain is doing

Being positive

Exercises



How to do the tough stuff – with **confidence!** SOME WOMEN WHO HAVE....



These inspiring women say



Maya Angelou
Poet, writer, activist
Confidence comes from
within, inspiring others.



Jacinda Adern
Ex-Prime Minister of
New Zealand
**“Its about doing the
right thing for others”**



Mel Robbins
Speaker
**“Confidence is about
taking a thought and
making it an action”**





“ Success is not the absence of failure;
it's persistence through failure.
The hardest enemy to fight is the one
who is posting in your head. ”

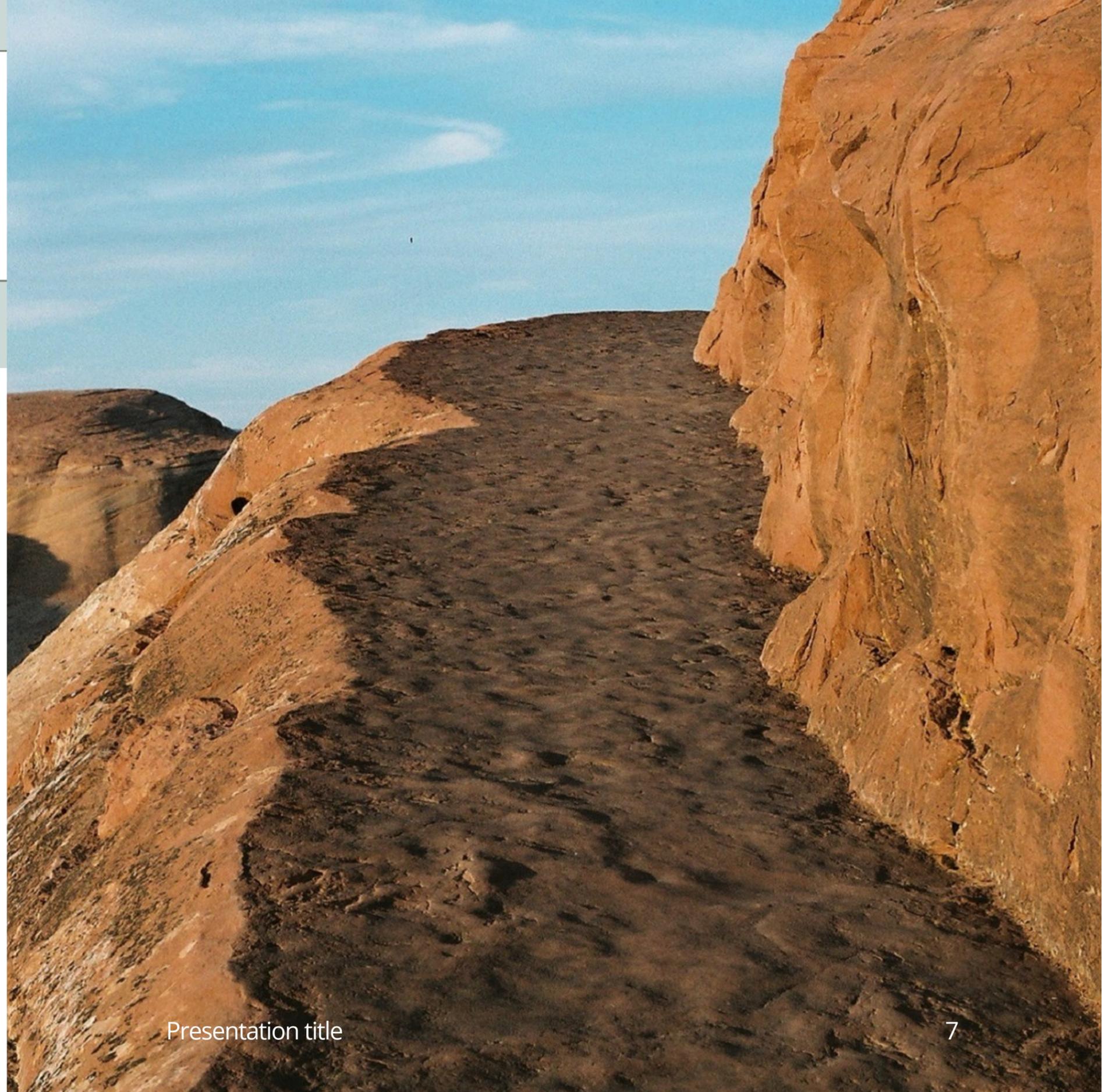


Confidence and your mind

It's helped by:

1. Seeing a pathway through to the end – even if you don't know all the details yet.

Set your intentions and do the next right thing



Confidence and your mind

2. How you feel about yourself as a person.

“You idiot” self talk vs. “Honey you’re trying so hard, well done.”

Give yourself some love!



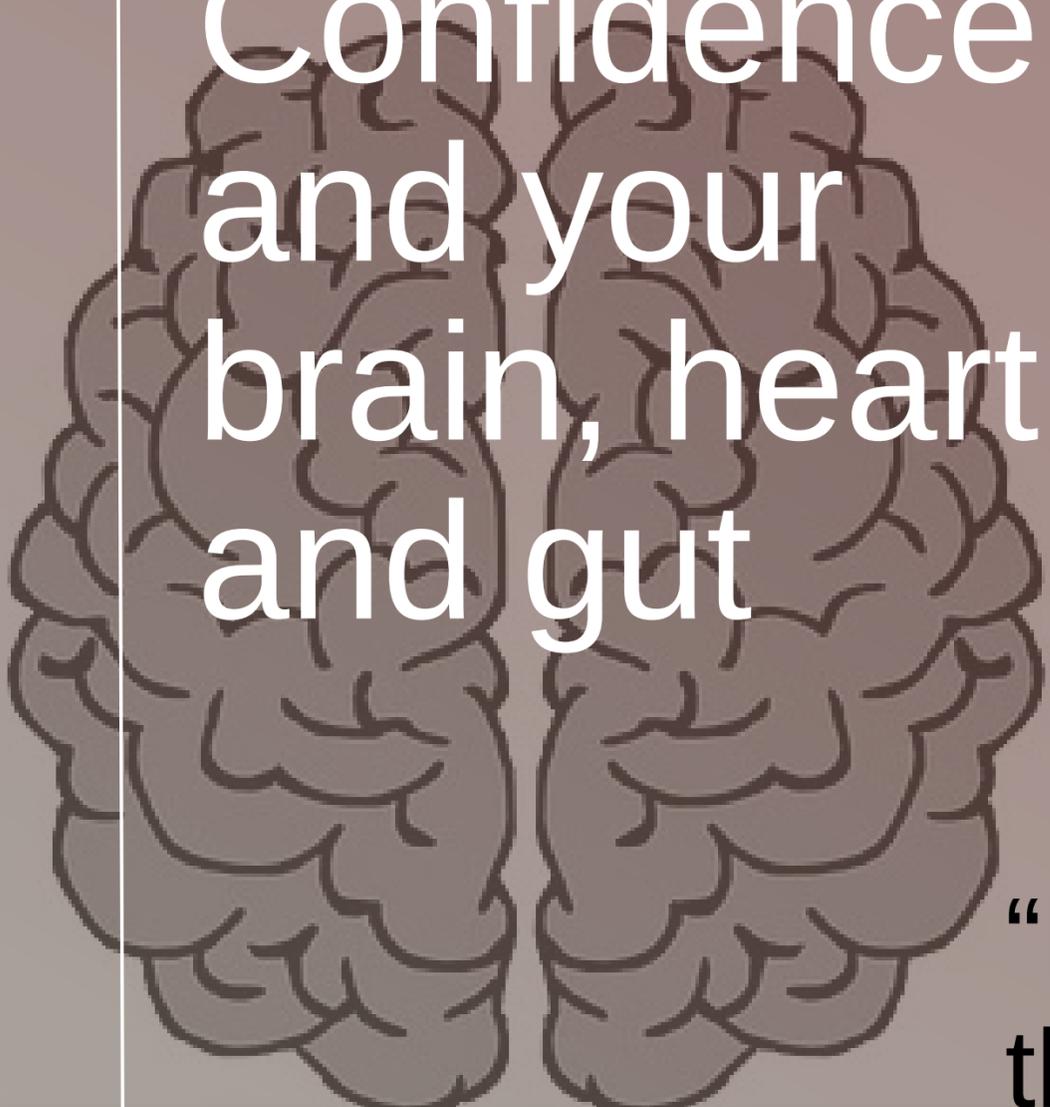
Confidence and your mind

3. Positiveness: When people focus on their strengths and what they've done, they are more likely to feel confident and keep going. "What's gone well today?"



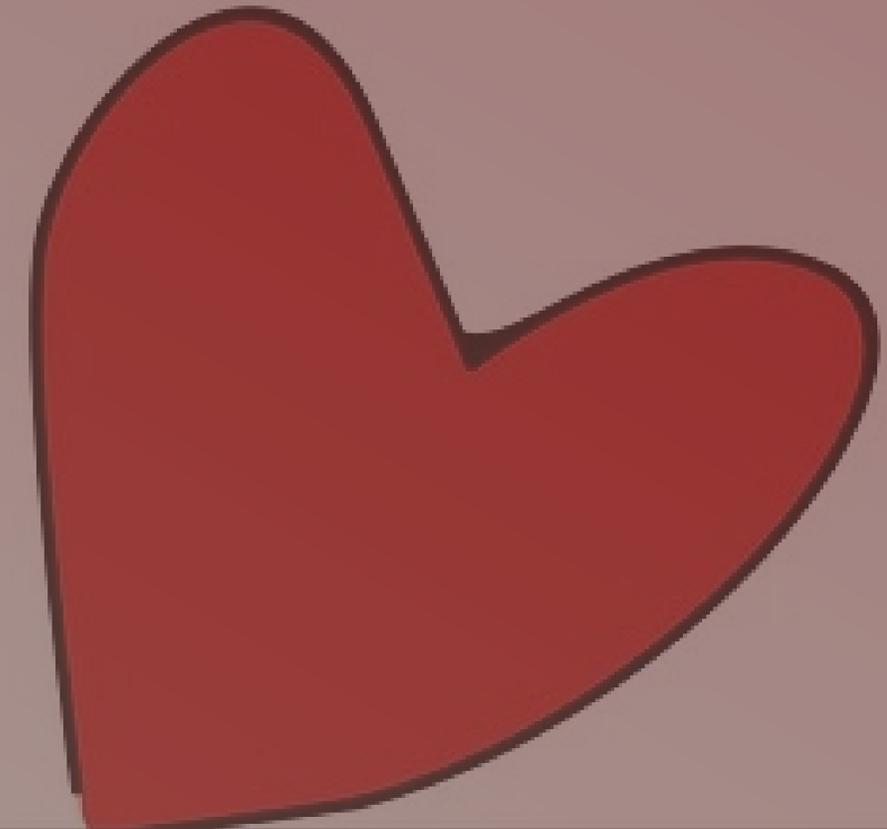
Balance heart and head. When people are able to control their emotions in challenging situations, they are more likely to feel confident they can handle them.

Confidence and your brain, heart and gut



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“Is this a useful thought?”



Then trust your gut –
do the next right thing

If your boots are confidence..



Your socks are courage...

..your intentions are laces..

..and gratitude is your sole/soul



“I’m afraid but I’ll start.”



“Today is a great day.”



“Thank you for sunshine AND rain.”



Summary

Balance your brain with being positive

Do the next right thing, even if it's scary

Exercise your brain to be positive: look up, breathe and be grateful

Be aware of your emotions and don't stop the painful ones –
acknowledge them and then use them to learn

Know those thoughts are your brain trying to keep you safe.





Thank you



Sharon FultonBever

