STEPS TO CONFIDENCE

WHAT EXACTLY IS CONFIDENCE?

Confidence is a belief:

- in your abilities
- or the possibility that you could succeed
- or in knowing that you could rise to the occasion when the pressure is on

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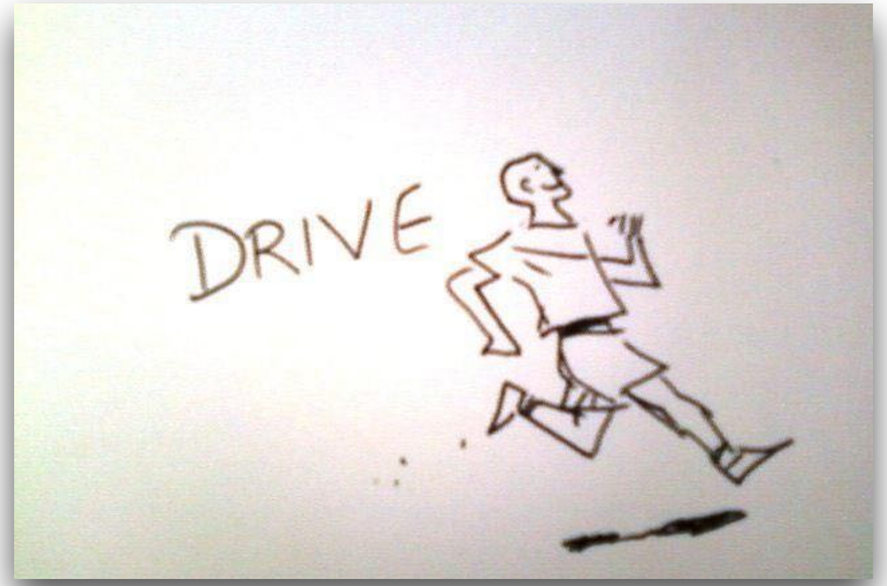
WHAT WILL CONFIDENCE DO?

Encourages you to set stretch goals



Fuels your drive

Powerful influence on the results you achieve

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STEPS TO CONFIDENCE

If you think you can or think you can't, you're right.

Henry Ford

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Confidence Is NOT A Skill

Not something you learn, practice and have for the rest of your life

Confidence is an **EMOTION**

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WHERE DOES CONFIDENCE GO?

That's why it waivers at times, or is sometimes entirely absent when you need it most.

STEPS TO CONFIDENCE

There is so little we control in life.

But we can control our confidence.

We need to
DECIDE to be
CONFIDENT.

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SET THE INTENTION

We don’t need to wait for a reason to be confident.

We don’t need to wait for validation from others.

We don’t need a ‘story’.

We just need to

SET THE INTENTION.

SET THE INTENTION

“Our intention creates our reality.”

Wayne Dyer

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ACT WITH INTEGRITY

Therefore…

Confidence is not about ‘what we do’

Confidence is about ‘who we are’

It comes from a sense of INTEGRITY:

I know who I am and I am being that

I know what I want and I am moving towards that

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ACT WITH INTEGRITY

We need to be aligned with our:

Values

Beliefs

Dreams

Having integrity gives us confidence in ourselves.

DEVELOP COMPETENCE
When we do anything for the first time
we need to accept our uncertainty.
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DEVELOP COMPETENCE

Nothing changes about who you are.

What changes is your skill, ability and your comfort level.

DEVELOP COMPETENCE
Nothing about who you are changes.
What changes is your skill, ability and your comfort level.

CREATE MOMENTUM

We need to take action

More Action = More Confidence

Disciplined action will create MOMENTUM

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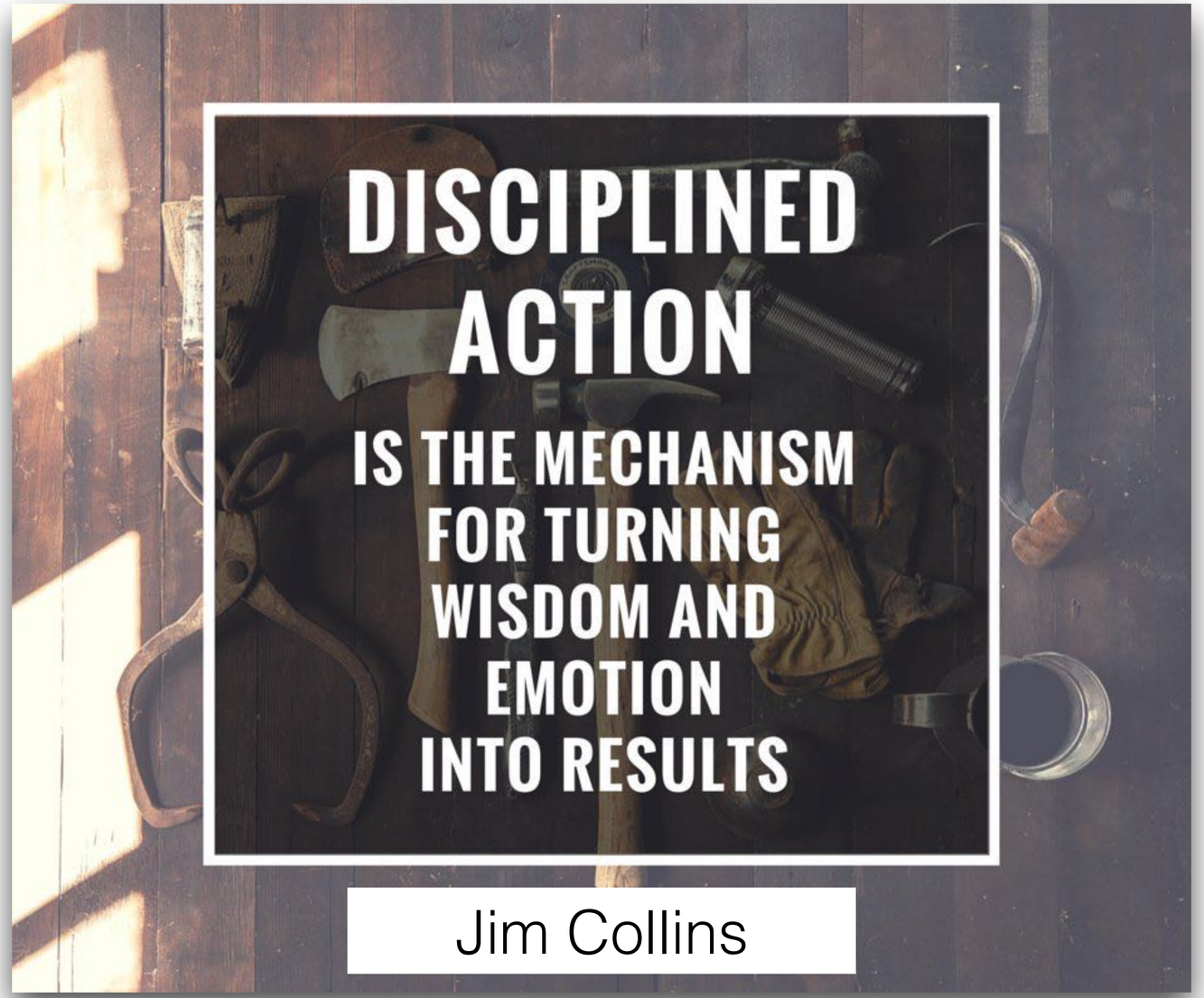
CREATE MOMENTUM



CREATE MOMENTUM

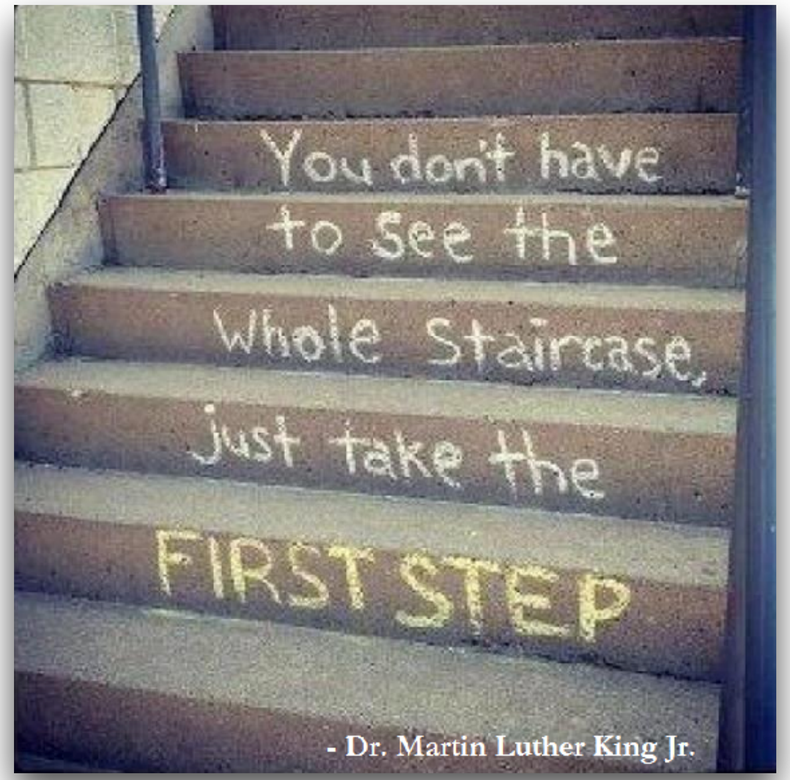
Don’t wait for perfect things to turn up.

Don’t wait for the perfect time.

The waiting eats away at our confidence.

*“What can I do **now** to begin this?”*

Often we don’t know where we are until we start moving towards something.



CREATE COMMUNITY

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5 Ways to Manage Confidence

1. EXPERIENCE SUCCESS

5 Ways to Manage Confidence

2. DEVELOP POSITIVE SELF APPRAISALS

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5 Ways to Manage Confidence

3. RECOGNISE POSITIVE ROLE MODELS

5 Ways to Manage Confidence

4. RESOLVE CONFIDENCE KILLING EMOTIONS

Pay attention

Experience

Let go

5 Ways to Manage Confidence

5. EXERCISE REGULARLY

Study at the Eastern Ontario Research Institute:

Exercise 2 x week for 10 weeks

MANAGE YOUR CONFIDENCE

Social Competence

Athletic Competence

Academic Competence

Positive
body image

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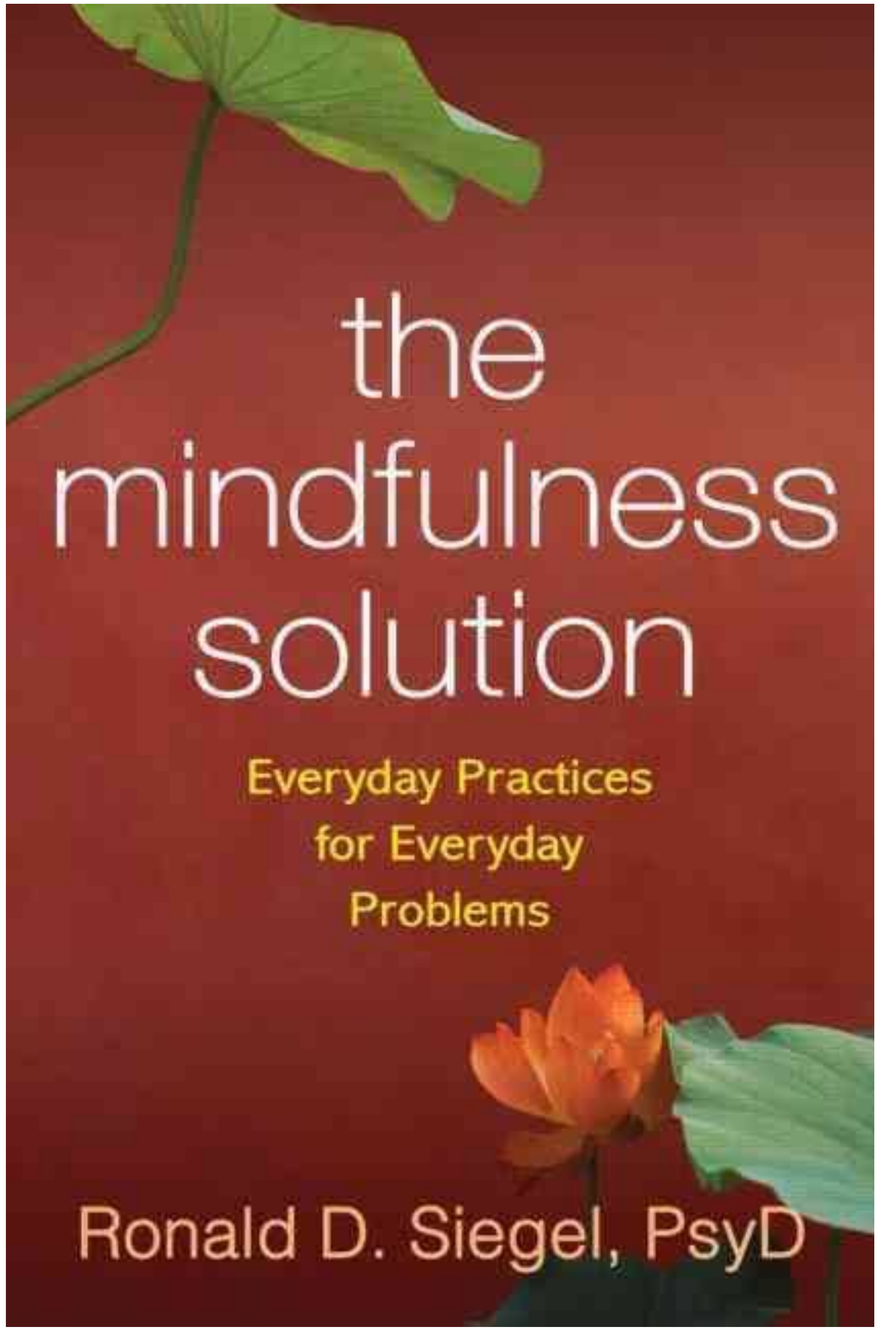
Assignments

1	Set your intention for confidence. Have you been demonstrating who you are to the world?
2	What can you do NOW to take the first step?
3	Action the 5 steps to manage your confidence.

EXTRA READING



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