



Own your Confidence

SELINA MAN KARLSSON



We will cover...

- Lack of confidence causes
- Choosing an area to take action
- Classic pitfalls and how to handle them
- Tools to help you gain confidence
- Own your confidence audio

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Lack of confidence causes

- Experiencing criticism or self criticism
- Tough experiences
- Compounding of negative thoughts
- Comparing yourself to others
- Feeling a lack of support



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Childhood experiences

- Bullied by others
- Berated by parents or teachers
- Compared to others
- Not good enough
 - too loud
 - too quiet
 - not smart enough
 - not sporty enough
 - ...

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Conscious Mind 10%

Subconscious Mind 90%

We develop beliefs from childhood and past experiences that form in our subconscious mind. These beliefs are there to keep us safe, protected and away from harm.

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A close-up photograph of two hands reaching towards each other in a gesture of support or agreement. The hands are positioned in the center-left of the frame, with fingers slightly spread. The background is blurred, showing a person's face and a white shirt. The overall tone is warm and positive.

Choose area to take action

- Public speaking
- Speaking up at work
- Driving
- Getting flexible
- Speaking another language

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Prompt yourself

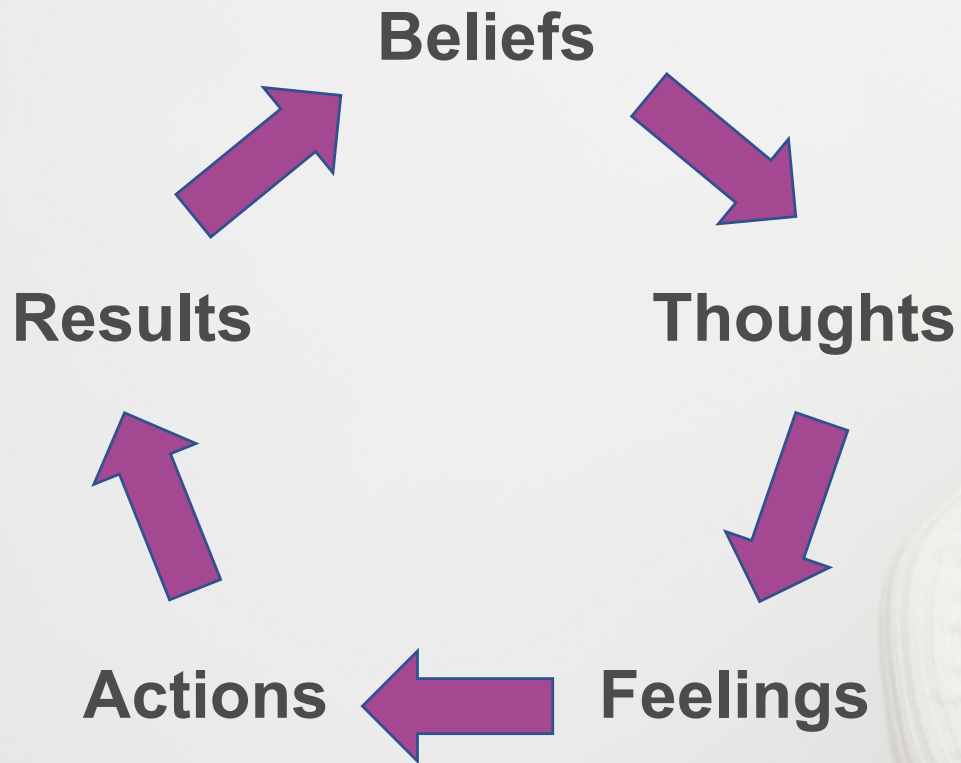
- I don't feel confident when....
- I am uncomfortable when...
- I am scared of...

- I am most confident when...
- I am most comfortable when...
- I feel strong when...

- **...because....**



Behaviour Cycle



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Classic Pitfall: Taking it personally

- Making a story
- We often don't know what is going on behind the scenes
- It's often not about you but says more about the other person



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Classic Pitfall: Defining yourself negatively

- I'm not good at...
- I'm useless at...
- I can never...
- I'm so stupid...

- I am getting better at...
- I am enough



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Classic Pitfall: Taking on a mammoth task

- Procrastination and overwhelm
- Start small
- Chunk into smaller tasks
- Acknowledge successes along the way



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Classic Pitfall: Comparison

- Everyone is on a different journey
- You may be comparing your start game to someone's middle game or later game
- Look at your own journey
- Use it to inspire you

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Understand yourself

- Myer Briggs
- Strength Finders
- 5 Love Languages
- 4 tendencies test (Gretchen Rubin)
- and many others

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Your Body Language

- Smart attire
- Good posture
- Power poses
(see Amy Cuddy Ted talk)

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Use of Language

~~I should...~~

~~I have to...~~

~~I need to...~~

~~I can't...~~

~~Yes, but...~~

I choose to...

I want to...

I get to...

I love to...

Yes, and...



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Handling the negative voice



- Change the voice
- Turn the volume down or off
- Move it away into the distance
- Make the positive voice louder

A photograph of three people in a meeting. A woman in a green blazer stands and points at a laptop screen. A man in a blue shirt sits to the left, looking at the screen. A woman with long blonde hair sits to the right, also looking at the screen. The background is a bright, modern office with large windows.

Find supportive people

- Set healthy boundaries
- Choose who you spend time with
- Work with coaches, trainers, therapists and those that can help you

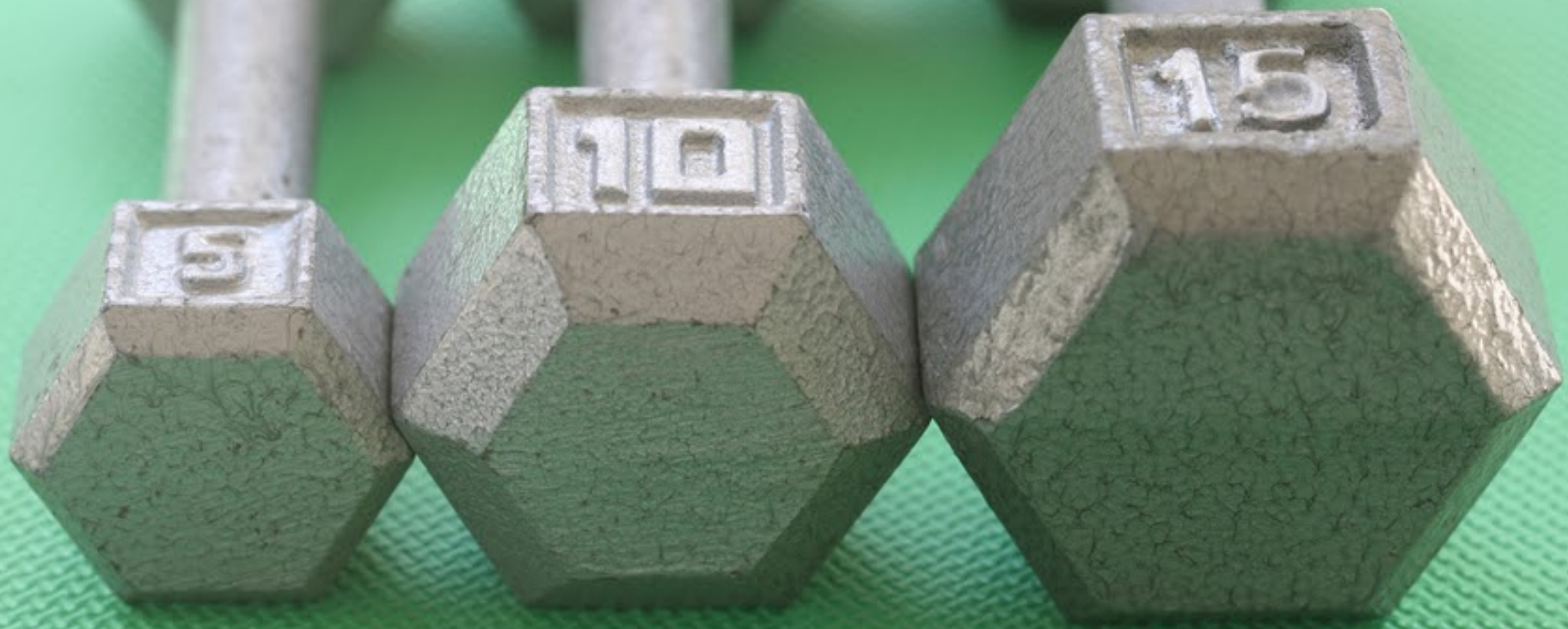
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Celebrate your successes



- Acknowledge the positive
- Share news with others
- Create reminders of your success

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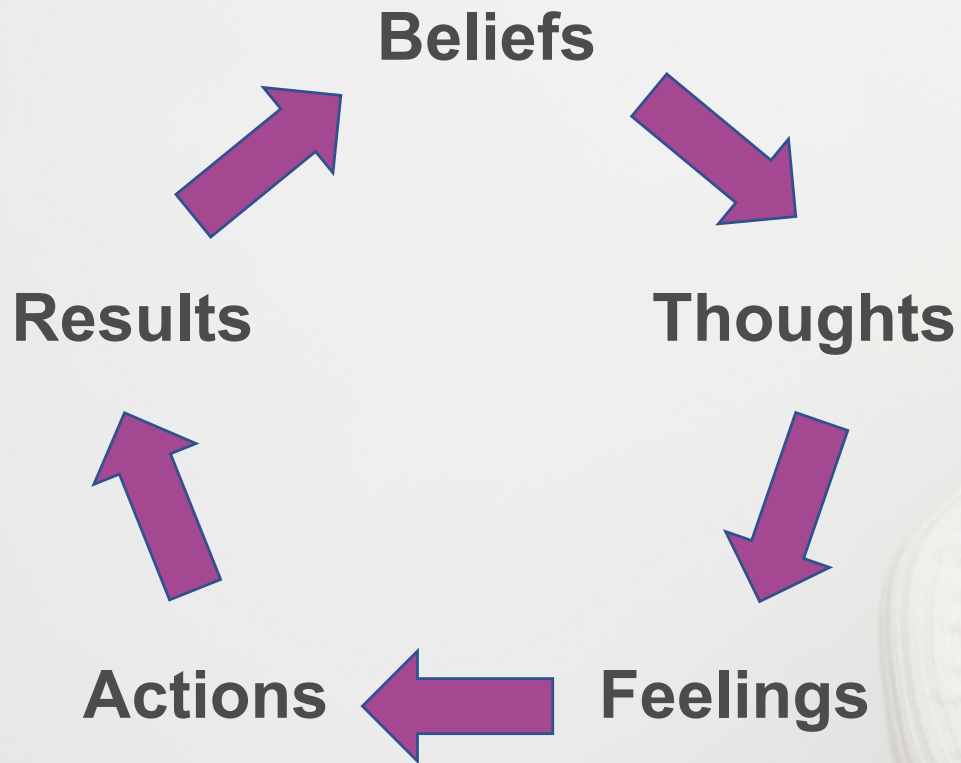


Take Action

- Practice practice practice
- Build muscles
- Track your progress

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Behaviour Cycle



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Own your confidence

- Visualisation
- Listen to guided meditation
- Listen everyday for 21 days



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Summary

- **Lack of confidence causes**
- **Choosing an area to take action**
- **Classic pitfalls and how to handle them**
- **Tools to help you gain confidence**
- **Own your confidence audio**

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**Share your
Takeaways and
any questions?**



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**Download slides and audio at
www.selinamankarlsson.ch/confidence**



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