



Confidence Workshop Discussion Notes

What is Confidence?

- Self-belief
- Courage – Say and do things you otherwise wouldn't
- Being Brave
- Self-appreciation
- Courage and quiet
- Feeling self-assured
- Diametrically opposed to arrogance

What does Confidence feel like?

- Forget about yourself (totally in the situation / totally focussed on the task)
- Fully immersed – In the zone!
- Maybe faced with some criticism but knowing it's OK and "I can deal with this!"
- Ready
- Do not feel like I am "winging it"
- Knowing the smile is real
- Feel uplifted – stepping outside of your comfort zone
- Fulfilled and happy
- Genuine happiness / confidence – after the event
- Feeling you can take on more
- Hard when you feel confident and other people don't see this
- Knowing your power
- Feeling you can take on more

What does Confidence look / sound like?

- Body language
- Relaxed shoulders
- Using arms to talk / having expression
- Claiming the space
- Voice lower / more resonant / slower / positive / happy / passionate
- Maintaining eye contact
- Looks natural – showing the best version of you
- Wear colour



What can affect our Confidence?

- How others see you / their opinions
- Technology
- Achieving an award / recognition
- Providing a good piece of work
- Knowing you have done a good job
- Feeling in control / not in control
- Relationships with your nearest and dearest
- Relationships with others at work
- Your environment
- The 'Domino Effect'
- Your mindset
- Your self-image
- Something we've done before
- Fitness levels
- Physical / mental health

What can we do to increase our Confidence?

- Positive affirmations
- Step back and look at your achievements
- Allow yourself time to re-charge and re-energise
- Rest
- Surround yourself with positive people
- Don't define yourself by your job / other opinions (find the balance)
- Do your hair / make up to feel powerful
- Wear comfy shoes / put on heels