

B R A V E
W O M E N

Why Confidence?

- Go for it! (That is, speak up, add yourself in, give it a go, believe you can and then try)
- Be confident of your strengths and weaknesses and work with both.
- Be prepared to back your own judgement.
- Believe in yourself and your own ability.
- Have confidence in yourself (you are likely to underestimate that ability)
- Don't be too hard on yourself - you are better than you think.

(Public Sector Commission Research, March 2014)

- **Don't be perfect!**

What can you do?

- Nearly 100% of women identified a lack of confidence held them back (Filing the Pool, 2015)
- All have a role to encourage confidence in the women and girls.
- Mindset of growth and challenge rather than fear.
- Become a mentor.

C O N F I D E N C E

“A feeling of certainty and self trust, fostering a positive mindset and managing fear, anxiety and self doubt to work for you rather than against you.

It is a commitment to ACT that is key!”

– The Mummy Coach

How to improve confidence:

B



Believe in yourself

R



Take responsibility for your mindset

A



Aim high and ACT

V



Voice and visibility

E



Evaluate

Believe

Believing in self starts with knowing yourself. Minimise your blind-spot.

- Strengths - Values in Action (VIA) Inventory of strengths
<https://www.viacharacter.org/www/>
- Values – <http://www.valuescentre.com>
- Beliefs – resourceful or not



Responsibility

“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.”

– Eleanor Roosevelt

Thinking, feeling and behaving = control of how you experience life.



“Fear is not real. It is a product of thoughts you create. Do not misunderstand me. Danger is very real. But fear is a choice.” - Will Smith

Courage to ACT – mindset

Fear's greatest ally – negative self talk

Negative self talk

Don't judge the thought or try to escape it.
Just notice it and let it pass.



- Somewhat controversial but we are better at holding on to fear more than men.
- This can hold us back from **ACTING**.

Aim high and ACT

- Know your vision/purpose = meaningful and compelling.
- Develop your SMARTER goals.
- People who have goals and achieve them are more self-confident.

But be flexible!



Voice and Visibility

- **Verbal communication –**
 - **Don't** use language limiters
 - **Do** use command tonality
- **Non verbal communication –**
 - Power Posing
 - Physiology changes our Psychology
 - Dr Amy Cuddy (see <http://goo.gl/TWdwPm>)

Take two minutes, do the wonder woman pose and become confident!



Evaluate

- Growth mindset = leaders committed to learning, maturing and making mistakes
 - Ongoing commitment to ACT!
- “Every accomplishment starts with the decision to ~~TRY~~ ACT” -



In a world where you had unlimited confidence:

- What would you do differently?
- How would you work differently?
- How would you treat your colleagues, partners, friends, children differently?
- **What would you stop doing?**

Confidence

- Micro level contributes to systemic change.
- Learn to be confident.
- More we step up/ speak up and be BRAVE the more we are heard.
- As leaders across the sector – responsibility to be confident, be BRAVE.
- Sponsor women.

