

Rise and Shine

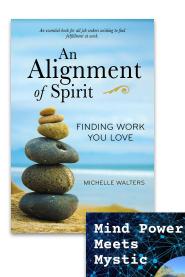
Boost Your Self-Confidence And Achieve Success



About Me



- B.A. Biology, University of California, Santa Cruz, 1989
- M.B.A. Marketing and Information Technology, University of Washington, Seattle, 1997
- 25+ years experience in consulting, digital marketing and team leadership
- Clinical Hypnotherapist, American Council of Hypnotist Examiners, 2020
- Executive Coach, ICF ACC in progress, 2023
- Author: <u>An Alignment of Spirit: Finding</u>
 <u>Work You Love</u>, 2022
- Co-host <u>Mind Power Junkie</u> podcast



Prior Corporate Experience

Clients

















Let's upload these as individual images so we can rearrange and, especially, make larger









My Beliefs



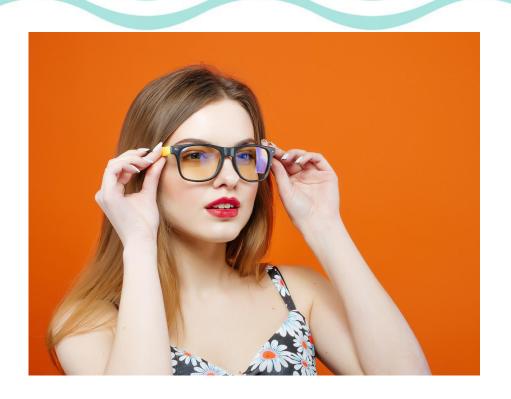
- "It's all connected."
- Results are faster and more fulfilling if you integrate your spirit, including your conscious and subconscious mind in decision making and acting
- Law of Conservation of Energy



"The thing women have yet to learn is nobody gives you power. You just take it."

ROSEANNE BARR

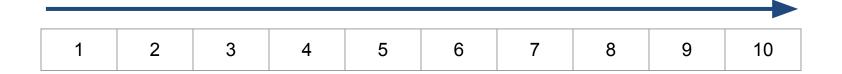




Training Agenda

- Why Grow Your Self-Confidence?
- Barriers to Self-Confidence
- Strategies to Build Self-Confidence
- What Comes Next

Self Assessment



Where is your Self-Confidence right now?



Improved Job Performance

1. Improved Job Performance

A study conducted by the University of Melbourne found that individuals who have higher levels of self-confidence tend to perform better on the job.

This is because confident individuals are more willing to take on new challenges and are less likely to be deterred by setbacks.



Source: <u>Allowing employees to be self-driven improves performance, study shows</u>, University of Melbourne, June 2018

Career Advancement

2. Career Advancement

A study by the Institute of Leadership and Management found that confidence is one of the key factors that contribute to career success for women.

Women who have high levels of self-confidence are more likely to take on leadership roles and progress up the career ladder.



Source: <u>Ambition and gender at work</u>, The Institute of Leadership and Management

Negotiation Success

3. Negotiation Success

Research has shown that women who have high levels of self-confidence are more successful in negotiations than those who lack confidence. This is because confident women are more likely to assert themselves and negotiate for what they want.



Source: <u>How Women Can Get What They Want in a Negotiation</u>, HBR, August 2018

Better Mental Health

4. Better Mental Health

Having self-confidence can also have positive effects on mental health.

According to the American Psychological Association, having high self-esteem is key to positive mental health and well-being.



Source: Why High Self-Esteem Is Important, VeryWellMind, February 2023

Improved Networking

5. Improved Networking

Building networking skills builds confidence.



Source: Why You Should Embrace Networking (Especially If You Hate It), Work It Daily, August 5, 2022 and Why Women's Networks Are Crucial, The Female Factor, February 14, 2022

Why Grow Your Self-Confidence?

- 1. Improved Job Performance
- 2. Negotiation Success
- 3. Career Advancement
- 4. Better Mental Health
- 5. Improved Networking





Barriers to Confidence



Bias & Discrimination



Stereotypes & Expectations



Lack of Representation



Imposter Syndrome



Cultural & Social Expectations



My Beliefs



- "It's all connected."
- Results are faster and more fulfilling if you integrate your spirit, including your conscious and subconscious mind in decision making and acting
- Law of Conservation of Energy

Definitions

Self Esteem	Self-Confidence	Self-Compassion
: a confidence and satisfaction in oneself : SELF-RESPECT	a feeling of trust in one's abilities, qualities, and judgment.	the process of turning compassion inward.
2		
: an exaggerated opinion of one's own abilities : SELF-CONCEIT		

Definition of Self-Esteem from <u>Merriam-Webster</u>. Definition of Self-Confidence from <u>Oxford Languages</u>. Definition of Self-Compassion from <u>Self-Compassion.org</u>.

Practice Self-Compassion

1. Practice Self-Compassion

Women can be particularly hard on themselves, leading to self-doubt and negative self-talk. Practicing **self-compassion involves treating oneself with kindness, understanding, and forgiveness**. This can help women to reframe negative thoughts and build a more positive self-image.



Source: The Space Between Self-Esteem and Self Compassion: Kristin Neff at TEDxCentennialParkWomen, TED talks, 2013

Practice Self-Compassion



Source: Kristin Neff, 2 Minute Tips - How to Practice Self Compassion, Kind Mind Academy, 2018

Be Prepared

2. Be prepared

Feeling prepared on one topic has been shown to **carry over to other topics**. Preparing and practicing build fluency and familiarity while increasing self-confidence.



Source: Feeling prepared increases confidence in any accessible thoughts affecting evaluation unrelated to the original domain of preparation, Journal of Experimental Social Psychology, July 2020

Sacagawea

- Sacagawea, a Shoshone woman, served as Lewis and Clark's guide and interpreter for their 19th century expedition.
- Her deep knowledge of the flora and fauna, and her ability to interpret for other Native American tribes were of great help to the expedition.
- → Being well prepared and self confident, Sacagawea's assistance helped the explorers survive their challenging expedition.



Seek Out Support

3. Seek Out Support

Building a supportive network of peers, mentors, and colleagues helps women overcome self-doubt. Talking to others who have faced similar challenges can provide validation, encouragement, and advice.



Source: <u>Positive Relationships Boost Self-Esteem, and Vice Versa</u>, American Psychological Association, Sept. 26, 2019

Americans Lost Friends Since Covid-19

A survey of 1,000 US adults describes a "pal-demic"

- Nearly 40% of respondents have lost touch with <u>nine or</u> more friends over the course of the past 18 months
- 29% describe <u>feeling cut off</u> from their closest connections
- 73% of those polled are looking to <u>establish new</u> friendships
- 58% crediting their pals for <u>helping with their mental health</u>

Source: <u>AVERAGE AMERICAN HAS LOST SEVEN FRIENDSHIPS</u> DUE TO PANDEMIC LONELINESS, FLASHPACK

Focus On Strengths & Accomplishments

4. Focus On Strengths

It can be easy to focus on weaknesses and shortcomings, leading to self-doubt. Instead, **focus on strengths and accomplishments.** Reflecting on past successes and celebrating one's achievements builds confidence and motivation.



Source: <u>Building Self-Confidence</u>: <u>10 Ways To Boost Your Confidence</u>, <u>Indeed</u>, February 3, 2023

Seven Human Strengths

- 1. **Emotional Intelligence**: This refers to the ability to understand and manage one's own emotions, as well as to recognize and empathize with the emotions of others.
- 2. **Resilience**: This is the ability to bounce back from setbacks, failures, and adversity, and to persevere in the face of challenges.
- 3. **Optimism**: This is the tendency to view situations in a positive light, to maintain hope and confidence in the future, and to believe that good things can happen even in difficult circumstances.
- 4. **Self-Control**: This is the ability to regulate one's own thoughts, feelings, and behaviors, and to resist temptation and impulses.
- 5. **Grit**: This is a combination of perseverance, passion, and resilience that allows individuals to stick with long-term goals and overcome obstacles.
- 6. **Creativity**: This is the ability to generate new and original ideas, and to think outside the box.
- 7. **Curiosity**: This is the desire to learn and explore new things, to ask questions, and to seek out knowledge and understanding.

Seven Human Strengths

Rank Order Your Strengths

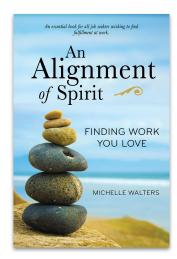
(One check per column, 1 – Highest, 7 – Lowest)

	1	2	3	4	5	6	7
Emotional Intelligence							
Resilience							
Optimism							
Self-control							
Grit							
Creativity							
Curiosity							

My Accomplishments



Hiking the Camino de Santiago



Writing and Publishing a Book!

→ What About You?

Take Calculated Risks

5. Take Risks

Stepping outside of one's comfort zone can be scary, but it can also lead to personal growth and increased confidence. Taking calculated risks, such as volunteering for a new project or speaking up in a meeting, helps build confidence in one's abilities.



Source: <u>How does taking risks build confidence?</u>, The Healthy Journal

Women Who Took Calculated Risks









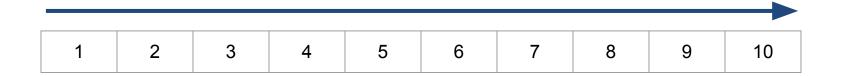
Take Risks



It's Up to You!

Monday	Tuesday	Wednesday	Thursday	Friday
			3718	
1. Practice Self-Compassion	2. Be Prepared	3. Seek Support	4. Strengths & Accomplishments	5. Take Calculated Risks
Take a 2 minute time out. Reflect on your situation from a friend's perspective.	Notice when you plan something. Reflect on how your preparedness sets you up for success.	Call someone you haven't talked to in 3 or more months and check in.	Before bed, write 3 strengths or accomplishments in your journal.	Commit to one calculated risk you will take in the next 7 days.

Your Self-Confidence Right Now?



Where is your Self-Confidence right now?

Where do you want it to be?



Masterclass
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THANK YOU



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