

Transformational Leadership Coaching

CONFIDENCE 101-THE BASICS (1)

*The mistruth: **Confidence isn't something you have, or don't have.**
Nor is it a personality trait you are stuck with for life.*

NOPE! Confidence is something you work at and build up over time.

...Day by day...One risk taking and fearless challenge at a time.

FACT! Even the most accomplished high-performers and achievers sometimes suffer from a severe lack of confidence. Did you know: many of the most successful entrepreneurs on the planet endure moments of self-doubt and fear of failure? The only difference is: ***-they have learned to mask, reframe and manage their fears in effective ways.***

With practice, and over time, YOU too can learn how to bounce back when things don't quite work out as you'd planned. You too can train your mind to respond in certain positive ways-so that temporary mishaps don't send you into a tailspin.

Believe it or not, you already have the untapped potential to develop the kind of strong mindset (and TOOLS) required to bounce straight back from failure and adversity. We all possess this ability. It all starts by reframing our attitude and approach to personal FAILURE, so that instead of fearing it, we actually come to embrace and champion it.

It's part of being human that we fear personal failure. After all, who wants to face shame, ridicule, guilt and the gut-wrenching feeling that we have tripped up, fallen over, or made ourselves look a complete fool?

However, helping yourself to build more self-confidence in the future involves acquiring these two belief systems; let's call them **LIFE TOOLS L1 & L2:**

***LT1...**Learn to understand that failure is NOT death. Failure's actually there to teach us, help us, prepare and inform us for the next time. So we can become much better

***LT2...**Anxiety's not there to destroy us. It's there to prep us, help us to become our best

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CONFIDENCE 101-THE BASICS (2)

- A) Take a moment to think of several times when you have felt most confident.
- B) Now, think about times when you've felt deeply anxious, afraid and NOT confident.

Notice what are the major differences between the two?

Chances are, your confidence is lifted when YOU BELIEVE you have the right **tools, wisdom and real-life experiences** to overcome whatever is in front of you. If you've mastered a task, or excelled at it previously, then more than likely, you will exude confidence.

However...what if the next task or challenge in front of you is something you've never tried before? Worse, what if you have actually failed miserably at a past challenge? How can you repair your confidence –so that those past anxieties don't sabotage you again?

One way is to reframe **how you view UNCERTAINTY**. Some people see uncertainty as threatening. *'What if I fail miserably and appear stupid?' 'How can I face something I have not tried before?'* In some cases, just the fear itself of NOT knowing (uncertainty) can become so paralyzing for some that, they would rather not try at all, than risk failure.

BUT ASK YOURSELF THIS...Is this really a healthy and life-enhancing way to live out your daily life? Is it right to keep living small and reneging on your highest, fullest potential?

Of course it isn't! None of us should live like that. That is existing-not living.

As research into human nature proves, living this kind of small, restricted life only further enhances our lack in self-confidence, self-esteem and our state of well-being. Not taking risks or stretching ourselves can also lead to severe depression and even more heightened anxiety. As we constantly berate ourselves for not stepping outside that self-imposed comfort zone, we actually strengthen and reinforce our sense of helplessness and fear.

This is where the 2 vital LIFE TOOLS come into play. For once we learn how to change our relationship to **FAILURE**, and once we come to understand that **ANXIETY** is there for a valid reason (to help prepare us and make us even better), THEN our self-confidence can flourish and thrive-even in the face of the most challenging circumstances.

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CONFIDENCE 101-THE BASICS (3)

To develop and grow our self-confidence **demands that we totally reframe our outdated attitude towards the twin scrooges of FAILURE and ANXIETY.** (I term them, The Ugly Sisters to Confidence). **REFRAMING** asks us to view failure and anxiety through a more expanded lens. You may well have endured years of self conditioning, holding a core belief that failure is to be avoided at all costs, and that anxiety is best suppressed or masked.

HOWEVER...denying & hiding from our fears of failure and deep anxiety only fuels it more.

Here's a secret that most successful achievers have shared throughout their coaching...

...The pain of experiencing failure and feeling anxious is actually ESSENTIAL & VITAL to our personal wealth, success and self-improvement. NOT detrimental to it.

FACT: THERE CAN BE NO SUCCESS WITHOUT FAILURE. So instead of fearing failure and making it your enemy, embrace it. Make it an ally, not your foe. See it as a wise teacher, and not your persecutor. In fact, go one step better: decide right now that you'll no longer tolerate or suffer the word failure. From now on, you either win or you learn something vital for you future growth.

If you must insist on holding onto the so-called term called failure, then at least **give yourself permission to fail.** Instead of becoming self-critical and damning, be gentle on yourself for at least taking a risk. Decide to reframe failure so that, whenever you do trip up, you'll see yourself as falling forwards-forwards and closer towards your intended goal.

Learn to master and lean into failure-NOT avoid it

When you view failure as something to be embraced, rather than avoided, then over time and with much practice, you'll eventually realise that the more often you learn to deal with failure, the more your confidence to take risks will grow. Confidence is like a muscle-the more you test and stretch it, the stronger it becomes. Failure is precisely the same. The more you come to realise that it's there to help build your mental strength and tenacity, the more you'll be willing to step beyond what you currently think you're capable of.

There is only one real failure in life...that's when we fail to risk failure and play small

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Confidence

RITUALS

- A) I am most confident when.....
- B) I am most confident when.....
- C) I am most confident when.....
- D) I am most confident when.....
- E) I am most confident when.....

SELF-DOUBT

- F) My confidence shatters when.....
- G) My confidence shatters when.....
- H) My confidence shatters when.....
- I) My confidence shatters when.....
- J) My confidence shatters when.....

EMPOWER

- K) When confidence is up, I feel.....
- L) When confidence is up, I feel.....
- M) When confidence is up, I feel.....
- N) When confidence is up, I feel.....
- O) When confidence is up, I feel.....

SELF-BELIEF

- P) When confidence is up, I can.....
- Q) When confidence is up, I can.....
- R) When confidence is up, I can.....
- S) When confidence is up, I can.....
- T) When confidence is up, I can.....

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Failure

DISEMPOWERED

- A) I feel a failure when I.....
- B) I feel a failure when I.....
- C) I feel a failure when I.....
- D) I feel a failure when I.....
- E) I feel a failure when I.....

PLAY SMALL

- F) I avoid failure by.....
- G) I avoid failure by.....
- H) I avoid failure by.....
- I) I avoid failure by.....
- J) I avoid failure by.....

FEAR

- K) I fear failure because I'll.....
- L) I fear failure because I'll.....
- M) I fear failure because I'll.....
- N) I fear failure because I'll.....
- O) I fear failure because I'll.....

BE WARRIOR

- P) Without fearing failure, I could.....
- Q) Without fearing failure, I could.....
- R) Without fearing failure, I could.....
- S) Without fearing failure, I could.....
- T) Without fearing failure, I could.....

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Anxiety

SHRINKING

- A) Anxiety prevents me from.....
- B) Anxiety prevents me from.....
- C) Anxiety prevents me from.....
- D) Anxiety prevents me from.....
- E) Anxiety prevents me from.....

APPREHENSION

- F) I am most anxious when.....
- G) I am most anxious when.....
- H) I am most anxious when.....
- I) I am most anxious when.....
- J) I am most anxious when.....

MANAGING & CONTROLLING

- K) Mastering anxiety means I could.....
- L) Mastering anxiety means I could.....
- M) Mastering anxiety means I could.....
- N) Mastering anxiety means I could.....
- O) Mastering anxiety means I could.....

ACTIONS/APPLICATION

- P) To relieve anxiety, I.....
- Q) To relieve anxiety, I.....
- R) To relieve anxiety, I.....
- S) To relieve anxiety, I.....
- T) To relieve anxiety, I.....