

10 G.R.E.A.T Ways To Be A Confident Woman

Jane Lowe: The Great
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How To Have A GREAT Session



- Say **hello** to the people around you and take time to chat after the session
- There are no stupid questions so please feel free to **ask** anything you want
- This is your time to **invest in yourself** so please switch off your phones
- This is your session too, so please be **brave** enough to answer questions and **share** your thoughts and experiences
- Please listen to and **respect** each others opinions and stories
- Take time to **relax** and **ENJOY** the session

“Over 50% of women say a lack of **confidence** is what holds them back from achieving all they want in their life, business or career...we believe that every woman should have the opportunity to be, do and have whatever they want”

Having **CONFIDENCE** means...

...being sure of yourself and your abilities - not in an arrogant way. but in a realistic way that allows you to feel safe and comfortable to do, be and have whatever **YOU** want

Having More Confidence Means You Will...



- Be **happier** in your life, business or career
- Be **open** to new and interesting opportunities
- Be more **resilient** when things don't go to plan
- Be happy to put yourself **first** rather than others
- Have an increased sense of **self worth** and value
- Have a better sense of **control** and **purpose**
- Find it easier to **ask** for what you want
- Stop holding yourself back from what you really want
- Stop feeling isolated, overwhelmed or frustrated
- Stop sabotaging your own success and future
- Be **brave** enough to come out of your comfort zone
- **AND MUCH MORE...**

QUESTION

If you had the confidence to do
ANYTHING – what would you do?

What Do You Want Do?



- Start, run and grow your own successful business
- Supercharge your career – go for that promotion!
- Gain new skills and be happier in your current role
- Move up the leadership career ladder
- Take a leap of faith and start whatever you have been holding back on
- Find new clients or launch new products or services
- Return to work after a long period of time off
- Finally start that new hobby, project or course
- Feel more comfortable in social situations and with new people
- Stop second guessing yourself, your ideas and your abilities
- Be happy about myself and feel comfortable about who you are
- Stop apologising for what you think, feel, say or do
- **SOMETHING ELSE...**

QUESTION

What is stopping you?

Time, money, family, guilt, job, partner, don't know how –
ARE THESE JUST EXCUSES!!!

“I would rather regret the things I’ve done than
regret the things I haven’t done”

Lucille Ball

1. Acknowledge your
strengths and
embrace your
weaknesses



2. Don't compare
your chapter 1 with
someone else's
chapter 20



3. Don't fear failure
or be ashamed of it
– learn from it and
move on!



4. Up-skill yourself
– try a new course.
network. read a
book. speak to
others



5. Remember you
are enough. so
perfectionism-
schmerfection. give
it up NOW!



6. Make a list of all your achievements

**remember the stuff you
didn't feel confident doing –
but you did them anyway!



7. Dare yourself to try something small

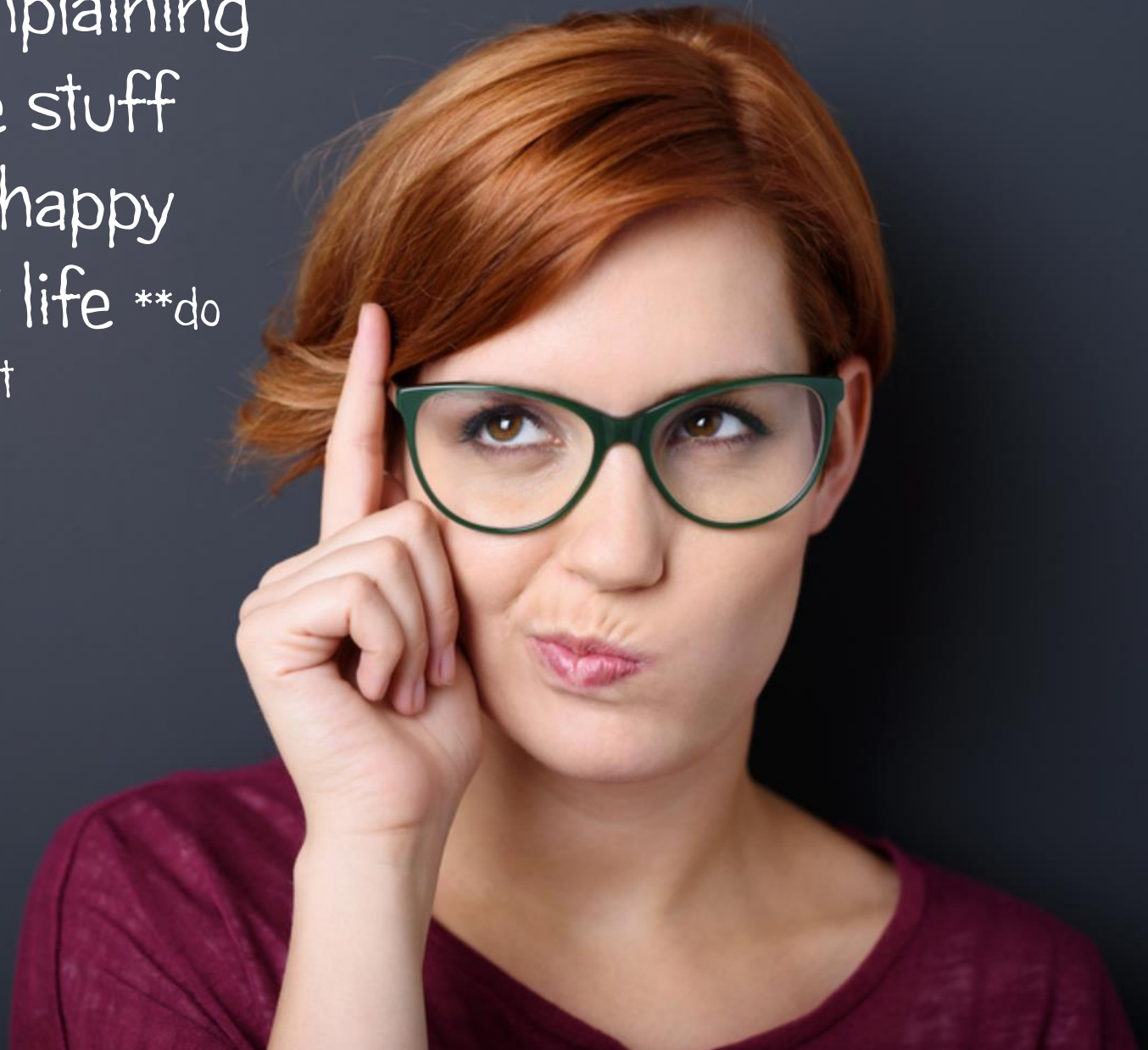
**today you are in a safe place where there is lots of support and people who are here to help you



8. Remember it is
not just YOU! ** we
have all heard of imposter
syndrome and most people
at Womanifest will be
feeling it! (time to change
the self talk)



9. STOP complaining
about all the stuff
you are not happy
with in your life **do
something about it



10. You have a voice

– use it! **don't apologise for sharing your opinion or asking a questions. ask for what you want – say YES to things you want and don't feel guilty about saying NO to what you don't want!



THINK!

What one thing are you going to
do differently right NOW?

What Next?



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Any Questions?

We hope you have a **GREAT** rest of the day!

THANK YOU