



10 GREAT Ways To Be A Confident Woman
Jane Lowe: The Great Women's Academy.
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1. Acknowledge your strengths and embrace your weaknesses

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

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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

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

6. Make a list of all your achievements

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7. Dare yourself to try something small

8. Remember it is not just YOU!

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

10. You have a voice – use it!

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

What Next

You can download copies of our presentation and this worksheet for free at www.thegreatwomensacademy.co.uk

Visit our website to get access to our FREE Membership Package or our VIP Membership Package (offer price £20.20 available until 31st March 2020) usual price £95 – no joining/annual/monthly fees)

Visit us at our stand at the Womanifest event – Manchester 2020

Email us: info@thegreatwomensacademy.co.uk

We look forward to supporting you to do GREAT and extraordinary things!

Jane

