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Confidence

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Why Confidence Is A Topic?

79%

of women admit to regularly lacking confidence in themselves when it comes to their careers or speaking up at work

vs. 62% of men

\$590,000

a typical woman who works from age 16 to 70 will make less than a man working an identical span

100%

of the skills matching the job requirements - that's what women aspire to have to apply for a promotion

vs. 60% of required skills for men (according to HP personnel records)

We apply to the jobs we outgrew!

Confidence Killers That Need Reframing

Perfectionism

is largely a female issue,
one that extends through women's entire lives

Internal Attribution for Failures

many women assume the blame when things go wrong...

External Attribution for Success

...and credit circumstances or other people for successes

Imposter Syndrome

“There are still days I wake up feeling like a fraud,
not sure I should be where I am”

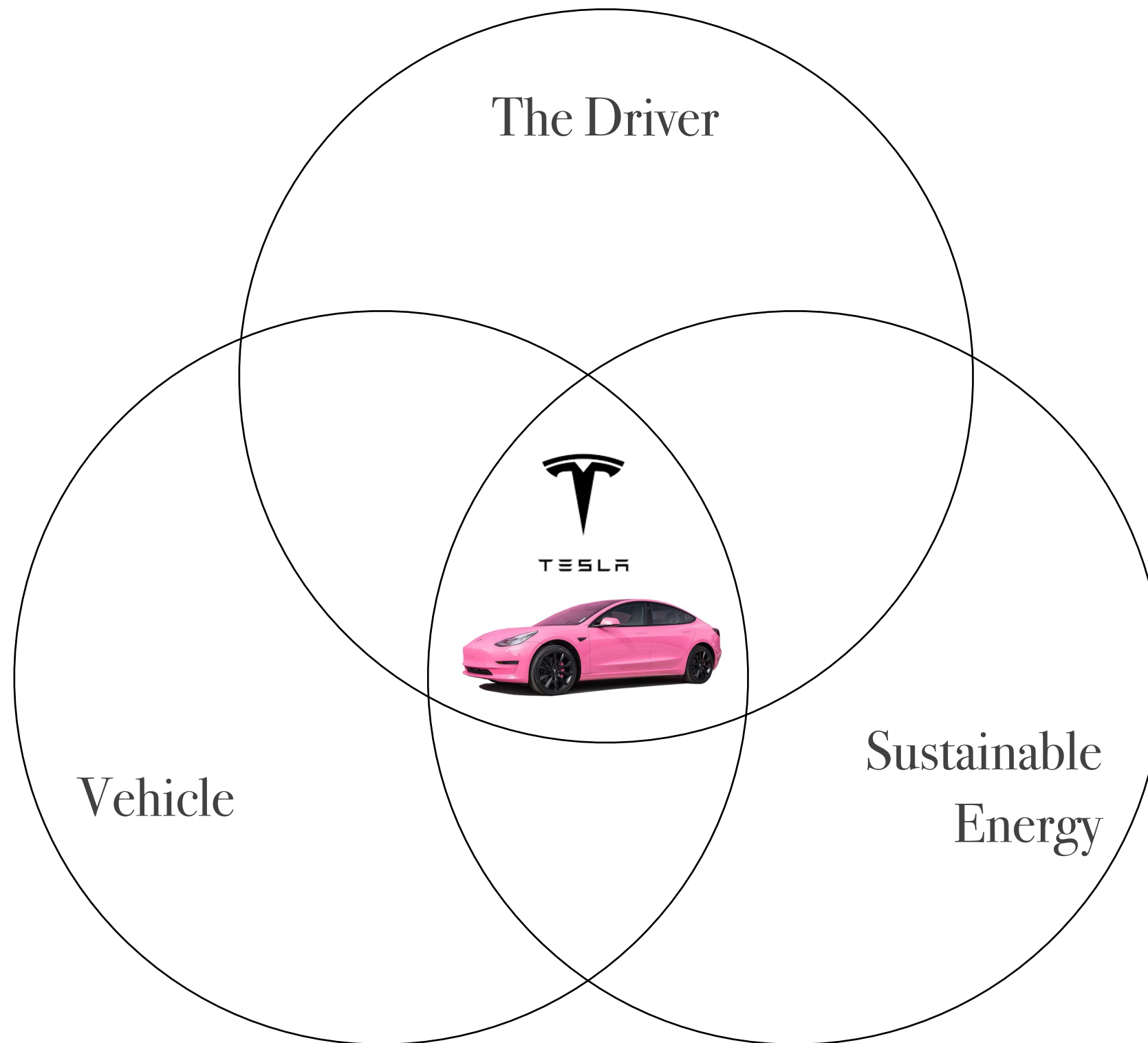
Sheryl Sandberg, COO, Facebook



The natural result of low confidence is **INACTION**

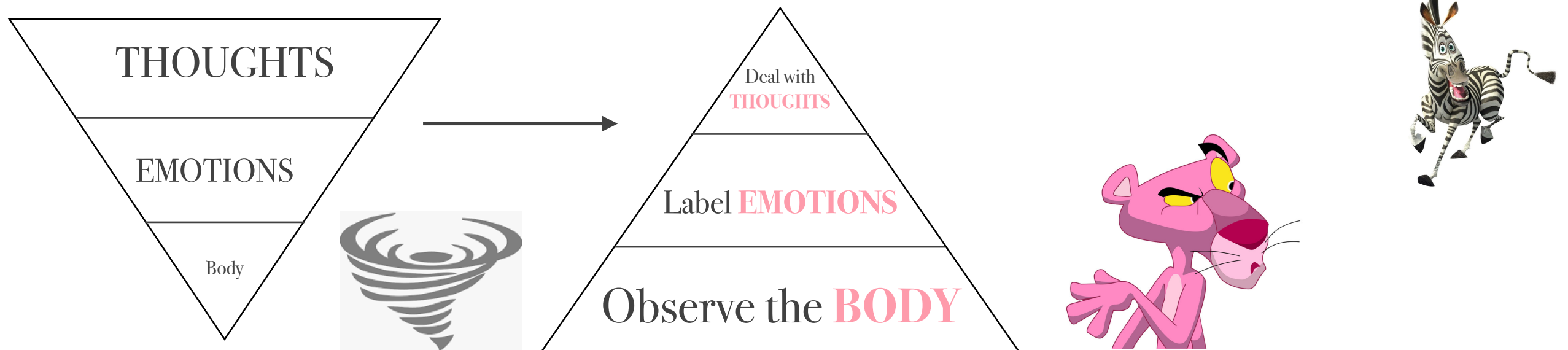
But when we do act, even if it's because we're forced to,
we perform just as **WELL** as men do.

Confidence Is A Behaviour



The Vehicle - Our Body As An Ally

- Thoughts provoke chemical reactions in the body
- If nervous pay attention to your body - don't go into the thoughts
- Choose to be **EXCITED**, not nervous - be a panther, not a prey
- Train the body through controlled breathing (sigh, Wim Hof, cold shower, HIIT)
- Remember that 93% of communication perception is non-verbal
- Use gratitude, savouring, hugging the loved ones for serotonin
- Use planning & **tracking achievements** for dopamine



The Sustainable Energy - Emotions & Vulnerability

- Stop running away from “difficult” emotions - they will always “run” after us just to remind us that **we overlooked an important need**



- Pushing back fear, shame, blame, anger won't work - they will eventually overflow into your life

- Get comfortable with feeling uncomfortable - the strength is not in being invincible, it's in **being OK with vulnerability**



The Sustainable Energy - Using emotions as signals to act

Anger, irritation, annoyance

- are the signs that your boundaries are violated
someone needs to learn that “it’s NOT OK”

Shame

- can not stand openness (instead of secrecy)
and empathy (instead of judgement)

Blame

- is there a real damage that I inflicted?
If yes - apologise and possibly rectify
If not - it’s a sign of an “internal attribution”

Fear



- most probably you are not watching the road
while driving and either:
 - are focusing on the obstacles (the way to crash)
 - or imagining the destination (or result)**JUST WATCH THE ROAD!**

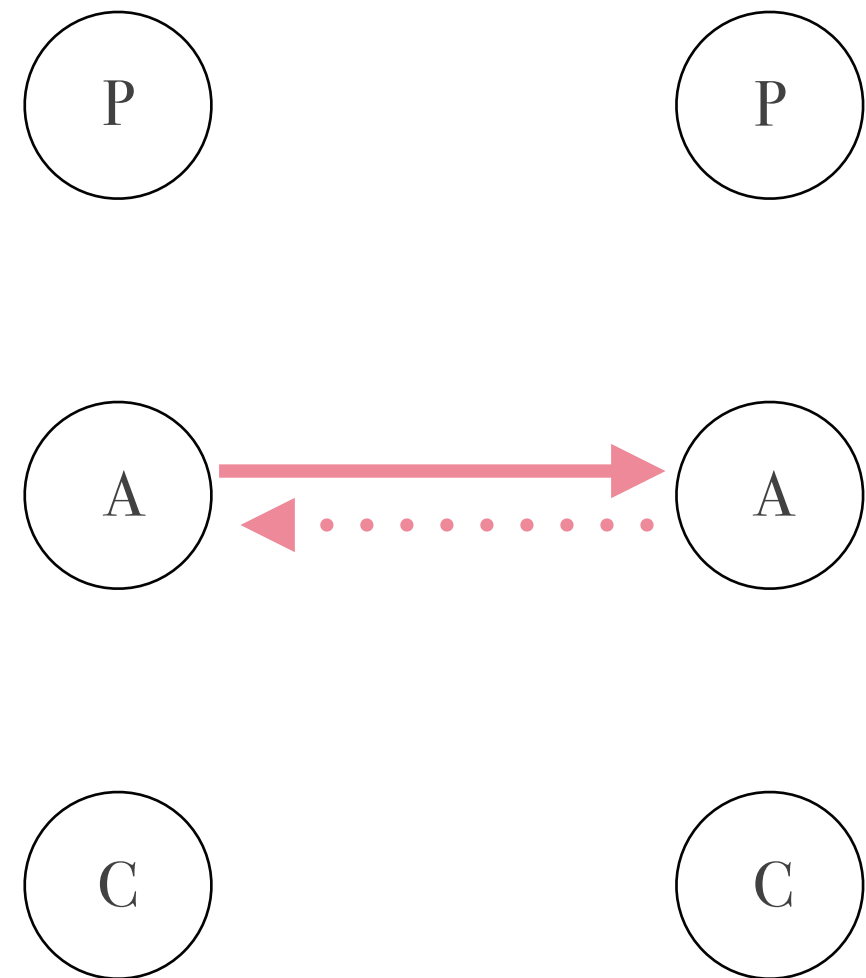
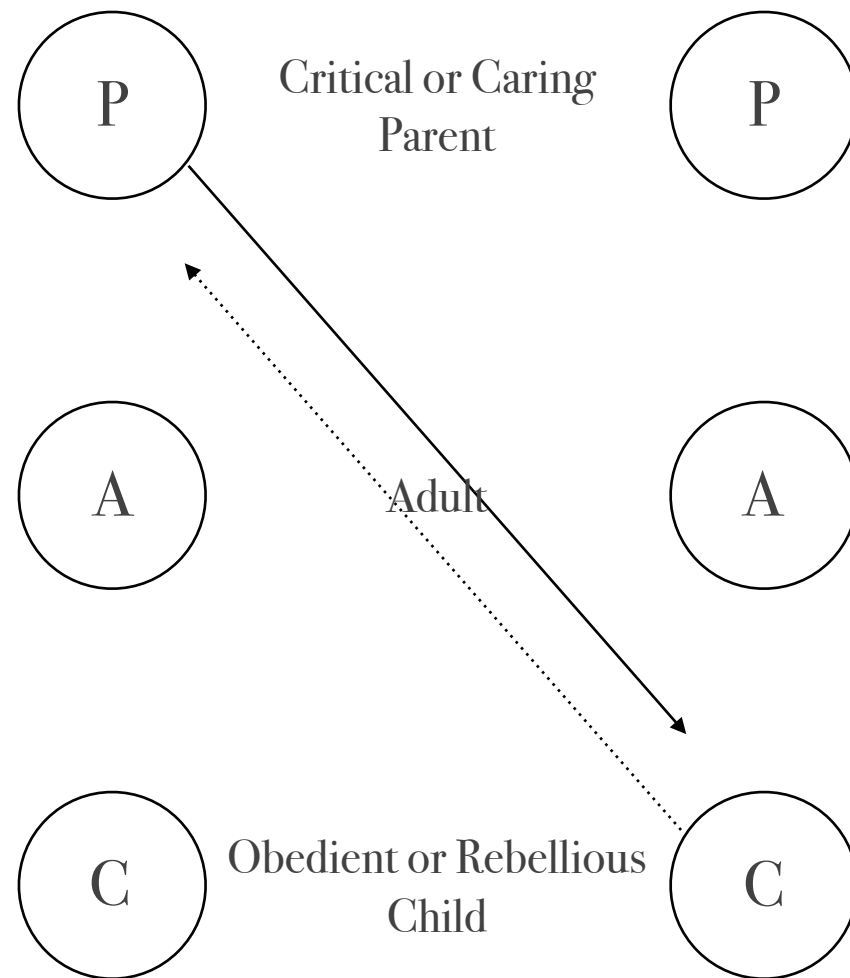
The Sustainable Energy - Vulnerability & Feedback

- Think of a situation where you felt resistance, irritation, annoyance, anger
- Who needs to know that what's happening is NOT OK for you?
- Think about the fact you both agree on, that is not ok for you
- How does it make you feel?
- What is the impact of this on you and the situation?
- What is your request to the person?

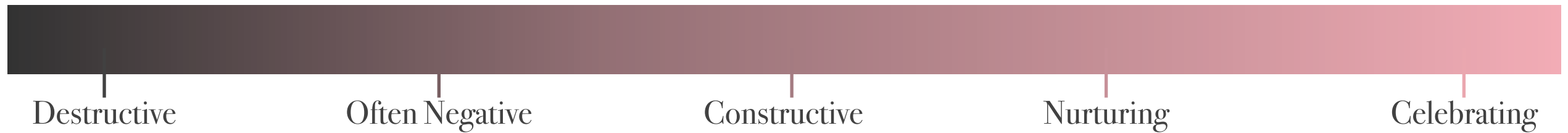
When _____, I feel _____
A fact, not an assumption Your emotion(s)

The impact it has is _____, so I'd like to suggest _____
How does it affect the relationship What will be OK
or our joint interests

The Driver - Living From My Adult Self



The Driver - Self-Talk & Relationship With Myself



Celebrating myself means:

- I value myself because I am **ME**
- I treat myself like I do matter, **I am important**
- I have **self-compassion** and self-empathy
- I believe I can change & I can always try again if I want
- I know the worst thing that can happen is I will ~~fail~~ **learn a lot**
- I don't need to fit in, I need **to belong to myself**
- I **choose me**, not others - I openly tell when it's NOT OK
- I know and rely on **my strengths & my values**
- I see my adult self as **part of something bigger** - a team, a company, a purpose

Useful Links

Brene Brown on boundaries
and vulnerability:

<https://youtu.be/5U3VcgUzqiI>

<https://youtu.be/iCvmsMzlF7o>

Andrew Huberman on brain:

<https://youtu.be/igvPO401gsk>

<https://www.youtube.com/channel/UC2D2CMWXMOVWx7giW1n3LIg>

Wim Hof Breathing:

<https://youtu.be/0BNejY1e9ik>

Francis Frei on leadership:

<https://youtu.be/EnbSVMHTKII>

Carol Dweck on growth mindset:

<https://youtu.be/hiiEeMN7vbQ>

TA: Adult Behaviour:

<https://youtu.be/nKNyFSLJy6o>

Strengths based on values test:

<https://www.viacharacter.org>

Apply your top-4 daily to increase life quality

Free Yale course “The Science Of Well-Being”

Thank you!

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