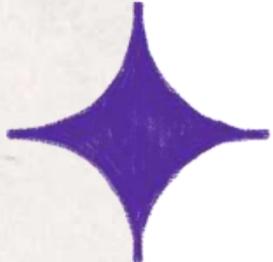
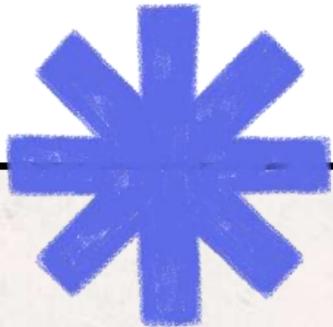


# Building Self-Confidence



**Skills workshop for overcoming  
Imposter Syndrome and low self-esteem**





"You did an awesome job! Well done!"

Imposter syndrome:



Every meeting when you suffer from imposter syndrome



When you're an adult but you feel like a kid faking their way through life





# What is Imposter Syndrome?

- **Being unable to acknowledge and connect with personal accomplishments**
- **Feeling as though you haven't actually earned what you've achieved**
- **Living in fear that you will be "found out" as incompetent**
- **Feeling like a fraud**
- **Fear of not being able to repeat past successes and thinking you've just been "getting lucky" so far**
- **Feeling relief instead of pride after achieving something**



# Reconnecting with self-worth

- **Core belief of never being "good enough"**
- **Unconscious conviction of an inner deficit or inadequacy**
- **Wearing a mask and seeking out value in the external world (other people's expectations, accomplishments, social status etc).**
- You're not the only one
- Wholeness is something inside of all of us
- Reconnecting with the part of you which recognises your strengths and ability
- Tapping into feelings of value and worth



# 1 Positive self-talk

- **Humans have a natural negativity bias**
- **For most, 80% of self-talk is negative**
- **You are 4-7 times more likely to materialize a negative thought than a positive one**
- **Passing mental states become lasting neural traits - we embed these thought patterns in the brain and they become automatic**

*“Positive thinking is about learning how to take control of internal processes, and understanding that will shape your external environment. It’s about knowing that despite shifts in the external landscape, you’re going to be okay.” – Andrew Huberman*

**WORKSHEET 1**



# 1 Positive self-talk



Negative self-talk	Challenge thought	Positive self-talk (replace)
I always mess things up.	Do I sometimes do things well?	I am capable of learning from my mistakes and doing better next time.
I'm never going to be able to do this.	Have I faced a similar challenge before?	This may be challenging, but I can take it step by step and keep trying until I succeed.
I'll never be good enough.	What does being "good enough" mean to me?	I am already enough, and I can continue to grow and improve in different areas.

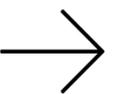


# 2. Strength & Success Jar



- Write down your strengths
- Write down a 'success story' where you used one of your strengths to overcome a challenge
- Fill up your jar
- When you experience self-doubt, dip into your jar

## WORKSHEET 2



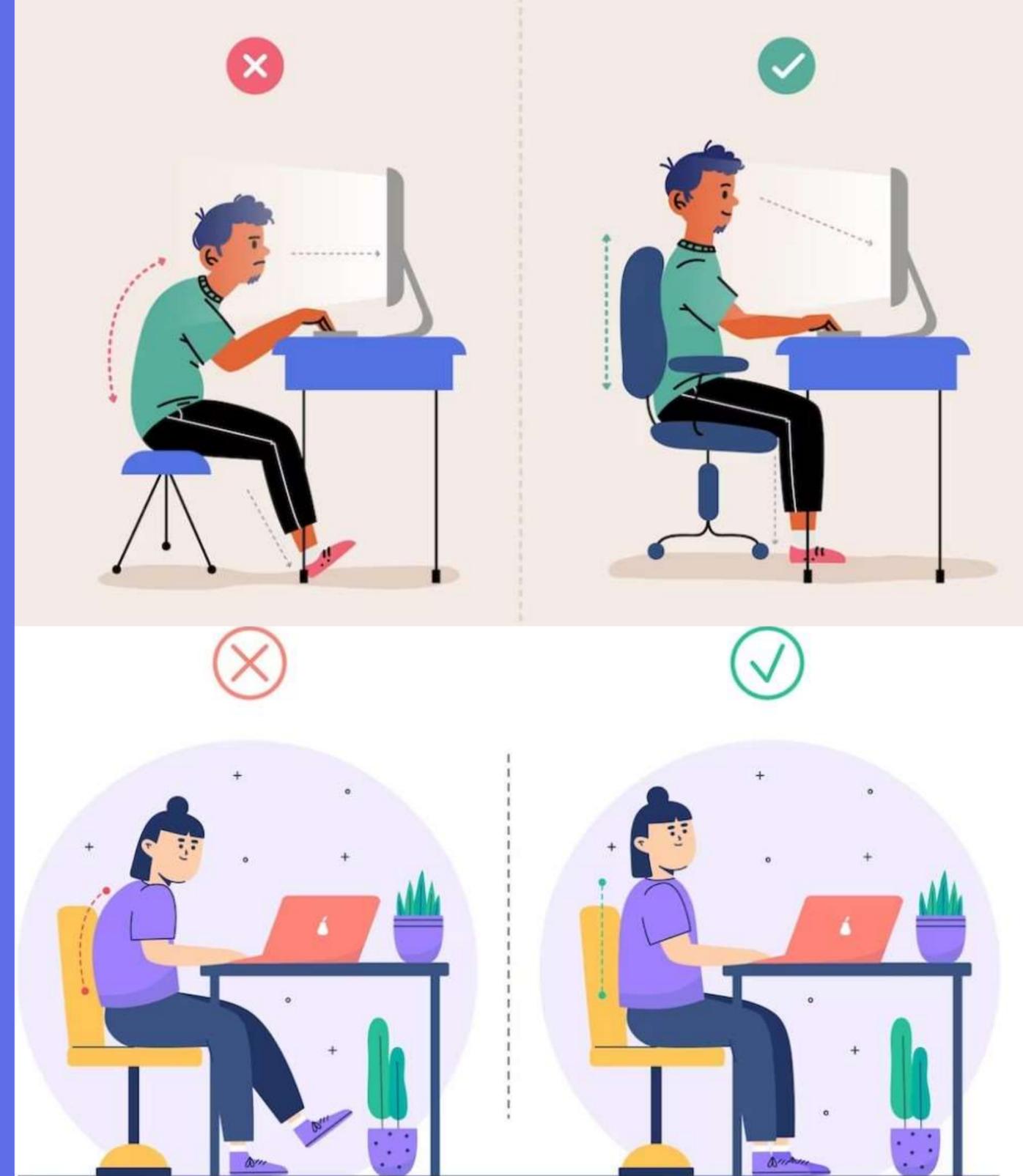
# 3. Power poses

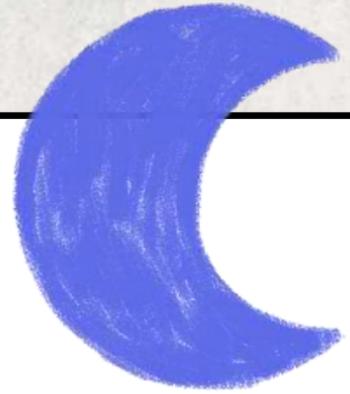
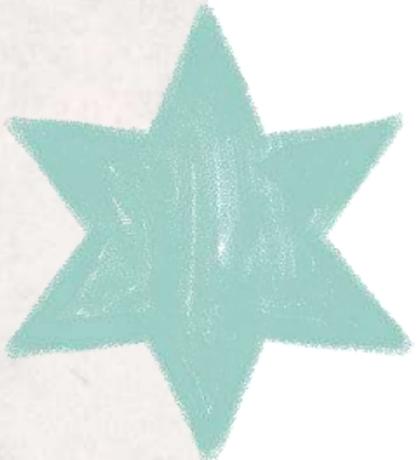
## Low confidence posture:

- Slumped forwards
- Hunched shoulders
- Making yourself small

## High confidence posture:

- Sit up straight with your shoulders back
- Open chest
- Occupy more space





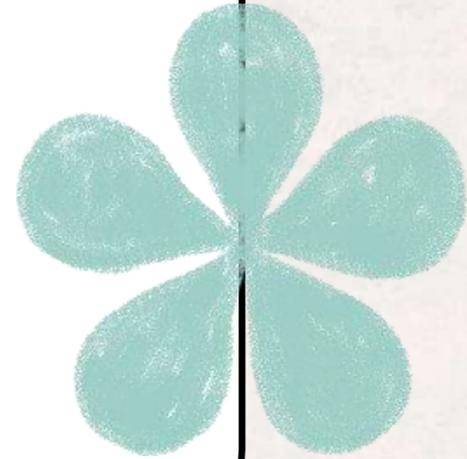
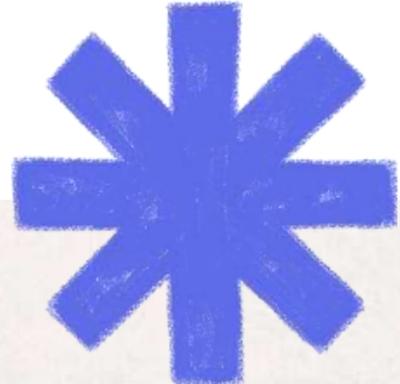
## 4. H.E.A.L

**H:** Hold a positive experience

**E:** Enrich it - install it, let it grow in your mind and body, intensify it

**A:** Absorb it - sink into it, embed it in your body and mind (primes neural circuitry for more positivity)

**L:** Link positive feelings with a current difficulty/upcoming challenge



*Mindfulness exercise*

**Create pause for positivity**



**Resources:**

- **Mindfulness Workshops and Support**
- **Groups Self-love meditations on Youtube**
- **App called Finch**

**Thank  
you!**

*Created by Josie Makkink*

