What have you achieved that you're most proud of?

Put your answers in the chat.

Make sure the chat is set to 'everyone'.



Wins

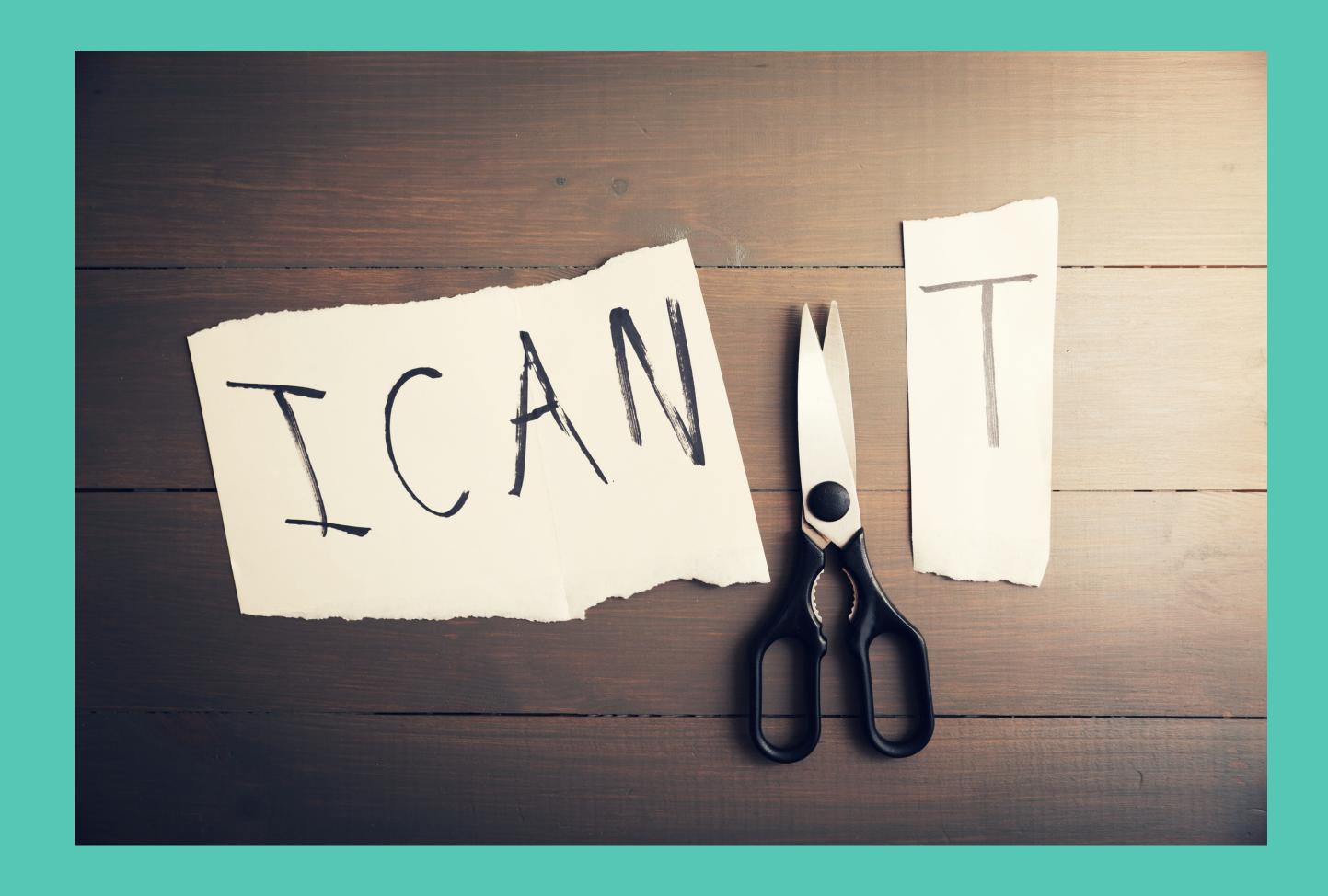
Michele and Ellis Spiezia: Success with LinkedIn networking, reaching out and building interest from a target sponsor.

James Moore: Confidence in niche and value has led to employer showing a keen interest in a mutually beneficial partnership.

Bea Vear: LinkedIn contact replied and started a mutual-benefit conversation.

Gary Booth: Chequered Flag Motorsport ambassador Alisha has won the Ginetta Junior Scholarship, and will be working with Gary on joint partnership proposals.

Cammie Sturch: Closing in on a deal to become the creator of all branding, and graphics, for an electric racing championship.





Confidence starts with self-awareness

What are your strengths?
What are your weaknesses?
Why do you feel nervous?
When you're anxious, what does that feel like?



Would you speak to a friend the way you speak to yourself?

"Why would anyone sponsor me?"

"This is pointless"

"I don't know what I'm talking about."

"They'll just say no." "I don't have any value."

This is called emotional reasoning

This is called emotional reasoning

We assume negative emotions are a realistic interpretation of the situation

Discussion

What would other people say your strengths are?

5 minutes



Perception = Reality



If you appear confident maybe you are...

Limiting beliefs

These are the things we believe about ourselves that hold us back.

Limiting beliefs

These are the things we believe about ourselves that hold us back.

More often than not, they're not even true!

Memories come with confirmation bias built in

How do you overcome all this?

- Self-awareness of limiting beliefs
- Breaking the cycle of negative talk
- Remember that feelings don't always mean fact
- Push yourself out of your comfort zone
- Don't let negative self-talk and limiting beliefs stop you

Exercise

What limiting beliefs do you have?

3 minutes



Work on yourself



Step outside your comfort zone

Exercise

How can you push yourself?

3 minutes



The secret of my success

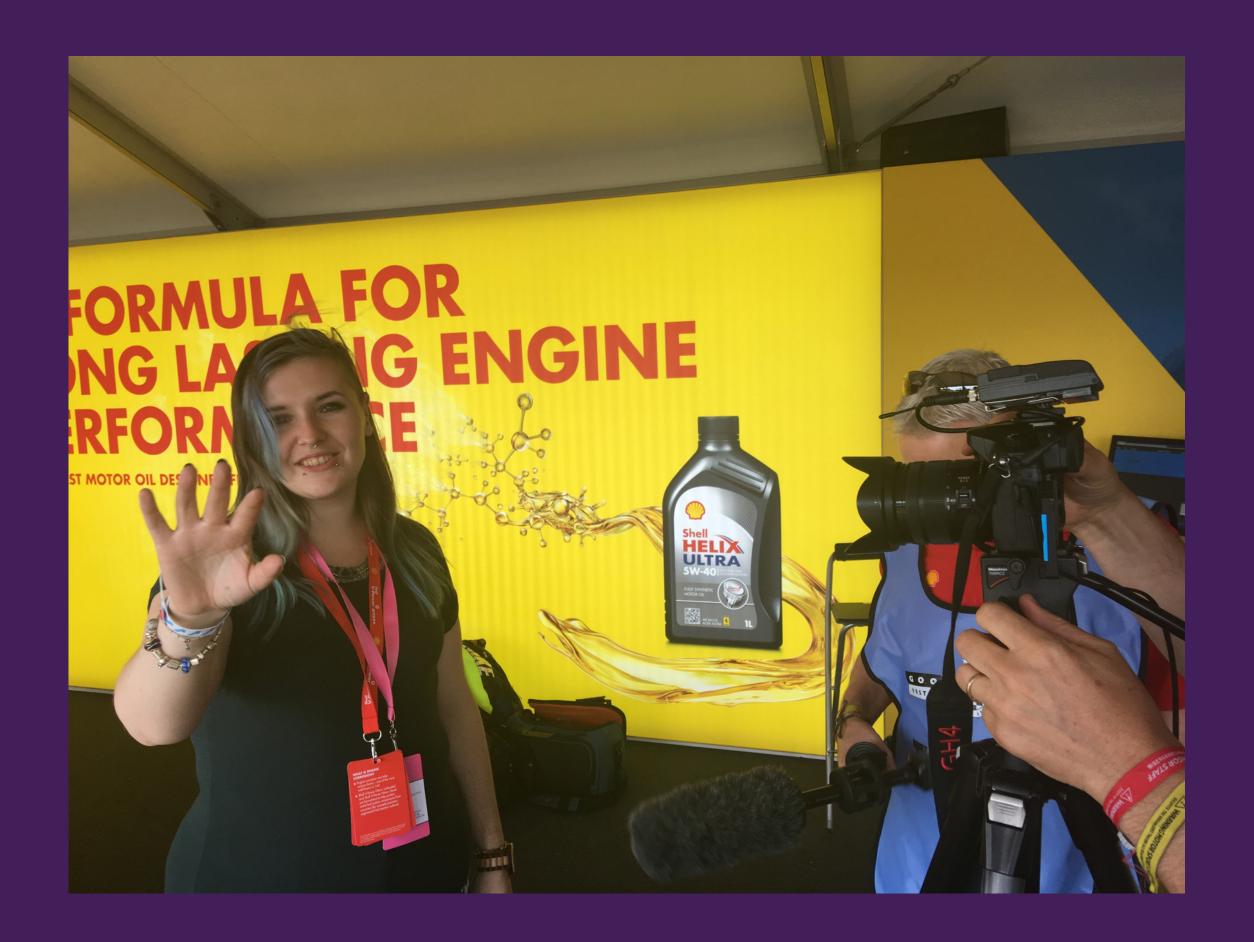


Fake it until you make it

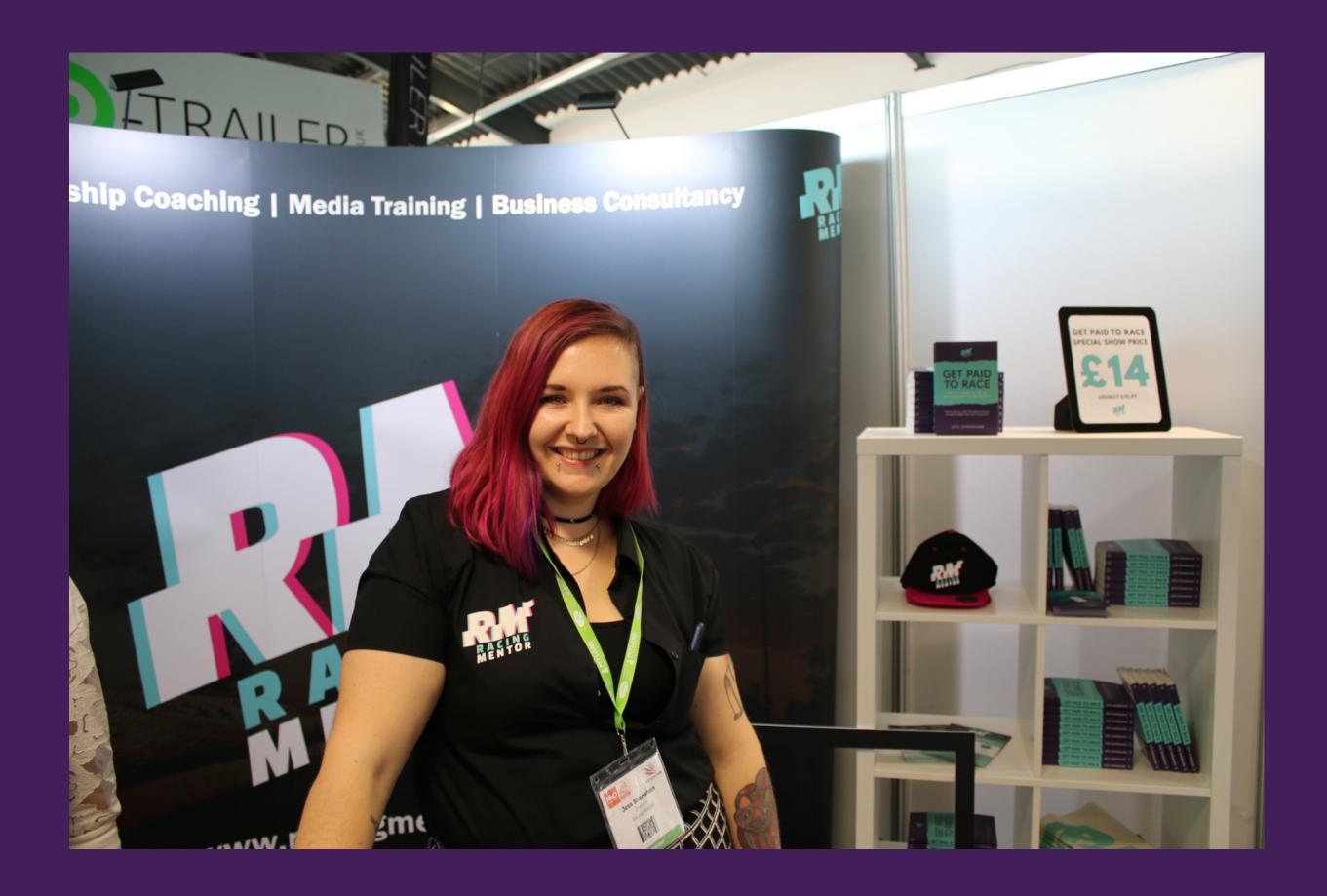
















Turn nerves into something positive

It means you care!



Exercise

Write or find some affirmations

2 minutes

Build confidence

- Be aware of your limiting beliefs
- Challenge negative self-talk
- Push yourself out of your comfort zone
- Remember why you're doing this



Push yourself out of your comfort zone

Let us know what you intend to do and how it goes in Circle

