



Practical guide to building confidence & create the life you desire

GET SET COACH



PHYSIOLOGY - BODY LANGUAGE

Changing your body language to create a more open stance, standing taller and making eye contact. Motion for emotion - when we change our body language, our mind creates a shift too

take a small step EVERYDAY

TAKE BABY STEPS

Remember to start in a phased and gradual way. Start by practicing the things to make you feel, look and become confident. Give yourself a chance to get comfortable and let each step help you progress



POSITIVE SELF TALK

Pay attention to the way you talk to yourself. Use positive language when you describe who you are. Practice positive self affirmations to seed the messages into your subconscious



GET THE SKILLS

Use the time available to learn new skills and get the qualifications and experience you need to get confident in the area you are interested in. Invest in your growth and get better, it will make you feel confident. "Be the hardest worker in the room" - The Rock



PRACTICE. PREPARE. PERFORM.

Get familiar and comfortable in the area you want to gain more confidence in. Practice in front of people you trust, get feedback, try, learn and keep doing it until you get better