

# #OwnYourOwnMind



# A bit about me .....

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@WendyConfidence

[www.leadingconfidently.biz](http://www.leadingconfidently.biz)

## Wendy Derrick



## The Confidence Coach

# What To Expect From Today .....

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- Learn How To Get Out Of Your Head And Out Of Your Way!
- Find Freedom From Anxiety
- Learn the 5 Secrets of Self Confident People
- Mindset Resources – Your Personal Hub at [www.leadingconfidently.biz](http://www.leadingconfidently.biz)





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## 2. Delete / Distort / Generalise

## 4. Our internal representation

1. Senses – see, hear, taste, smell, feel



3. Internal Filters :
- Values
  - Belief Systems
  - Past Experiences & Memories
  - Meta Programs (mental strategies and processes)



5. Emotional State



6. Physiology



7. Behaviour

# HAVE YOU GOT A SH\*T LIST?

#1

Write down every negative thought you have in your head about you.

#2

Challenge your self-talk. Where is the evidence?

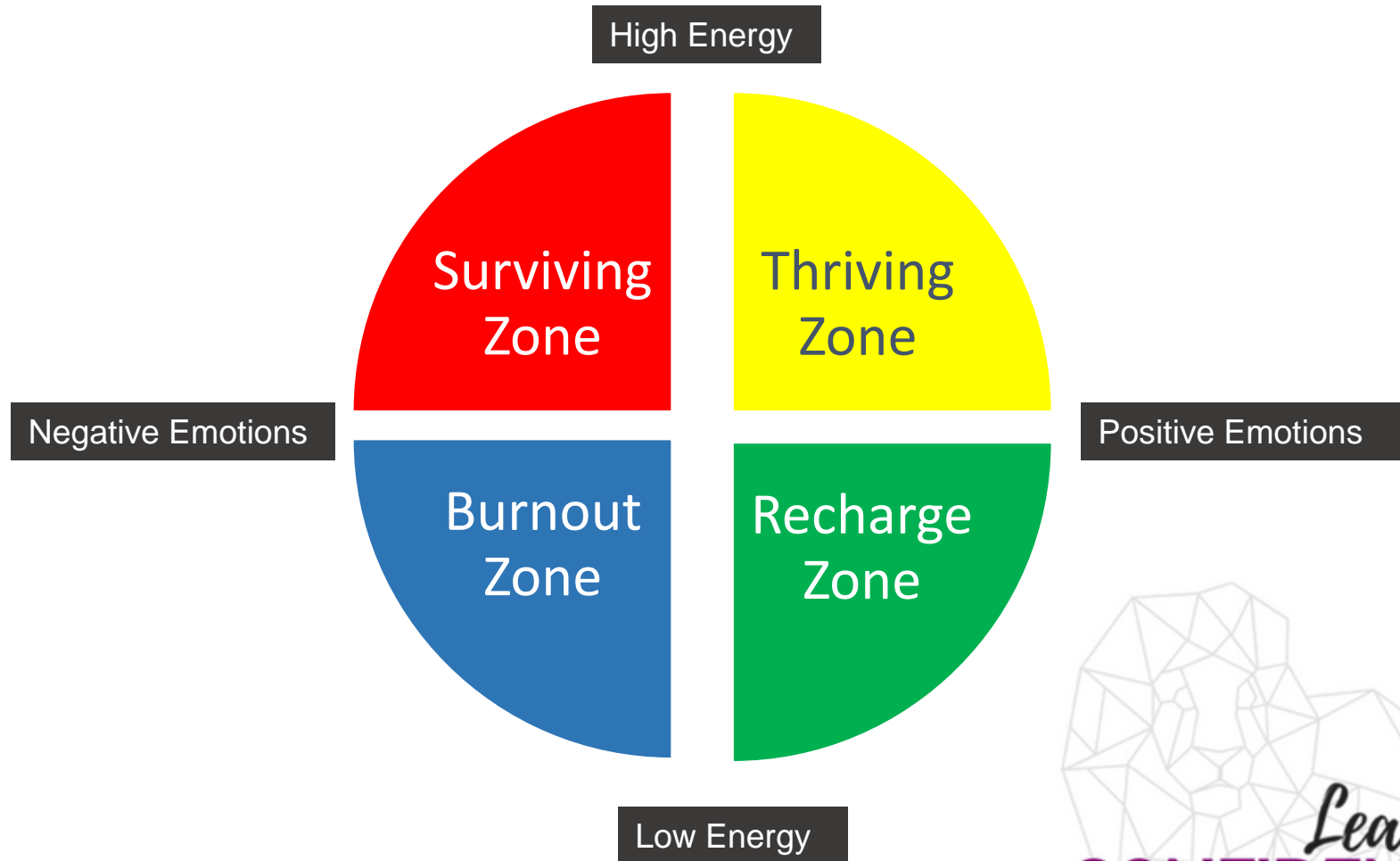
#3

Change your self-talk -positive reframe

#4

Make a list of positive things about yourself

# Recognising & Managing Your Emotional State






# How To Finally Find Freedom From (Your) Anxiety!

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# What Is Anxiety?

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- The mind of an anxious person is more prone to negative thoughts, fears and insecurities.

- Due to their distorted perception of reality they are often fearful of events that have not yet occurred.

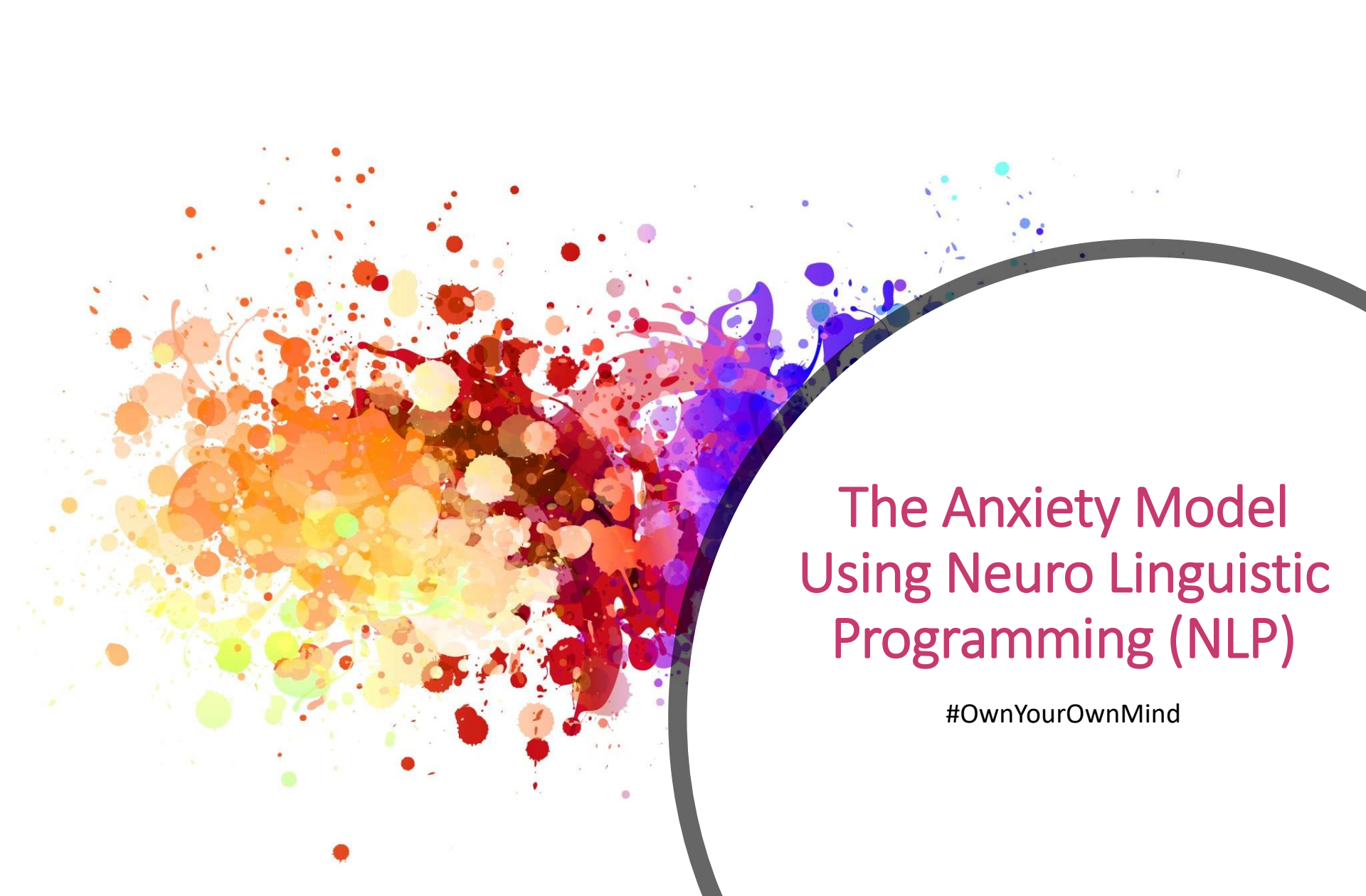
- They may regulate their behaviour to accommodate a scenario that exists in their minds.



# 10 Tips to Manage Anxiety

1. Acknowledge how you feel and ask for help.
2. Stay away from the news.
3. Avoid alcohol.
4. Focus on what you can control.
5. Do something nice for someone else.
6. Remember : thoughts are psychological events that will pass.
7. Self compassion is key to good mental health.
8. Have a smartphone free day!
9. Build a better home for your head – brick by brick – thought by thought.
10. Use the NLP Anxiety Model





# The Anxiety Model Using Neuro Linguistic Programming (NLP)

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# THE 5 SECRETS OF SELF CONFIDENT PEOPLE

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# What Beliefs Are Holding You Back ?

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- Confidence is usually rooted in how you feel about yourself – and that comes down to beliefs!
- Q: What stories are you telling yourself?
- Q: Are they empowering you or limiting you?



# Secret #1

## The 'As if.' Frame

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- Acting 'as if' something is real
- ...eventually forgetting that you are only pretending and however you are acting will become habit.



## Secret #2

# The Conscious Mind Belief Change

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- Write out your limiting belief
- Dispose of it (burn it, shred it)
- Write out the new empowering belief
- Consider what that new empowering belief would look like, feel like, sound like – how would you come across to others?
- Set your intention to read your new empowering (juiced up) belief everyday!





# Secret #3

## The Language Of Confidence

• *By Changing Your Language You Change Your Life! (Kent Sayre)*

- **The Confidence Killers to eliminate:**
  - Try, Hope, But, Would, Could, Should, Attempt, Wish

**The Confidence Builders :**  
- Absolutely, Without Doubt, Definitely, Certainly, Undoubtedly, Of course, Naturally, Obviously, Sure, Guaranteed



# Secret #4

## The Look Of Confidence

### *Google - Amy Cuddy's Ted Talk*

- **What is Your Body Language Communicating?**
  - we make sweeping judgements from body language, are you making yourself small, closed up and invisible?
- **We are influenced by our non verbals :**
  - Power & Dominance
  - Expanding, make yourself big and opening up
  - #ManSpreading
- **Powerful people** – actually feel they're going to win!



# Secret #5

## Belief – I Am NOT An Imposter

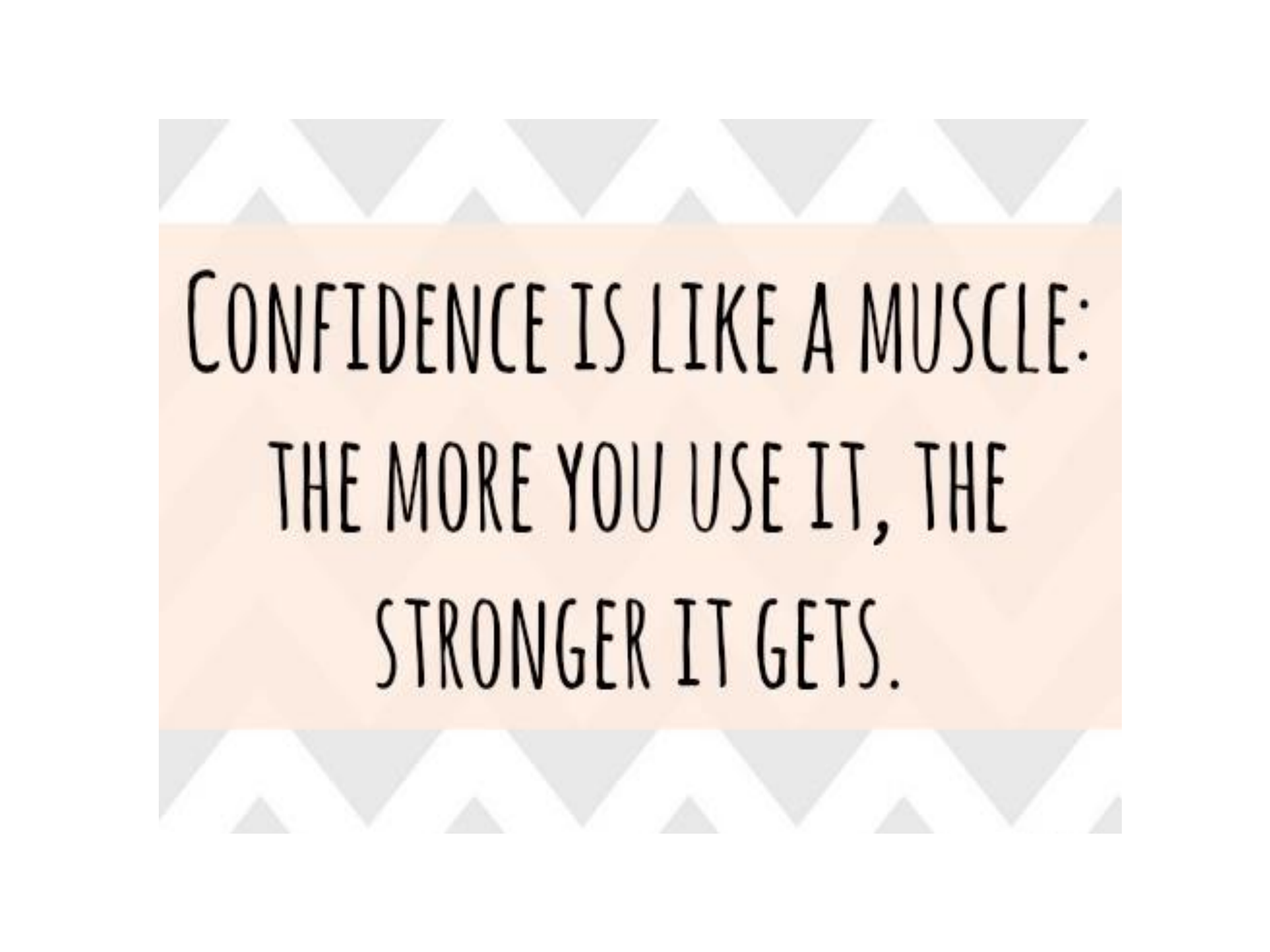
- I'm not supposed to be here! I am an imposter!
- Don't Fake it till you make it – Fake it till you BECOME it!
- Do it so often that you internalise it!



# Circle of Confidence (Anchoring)

- Find the memory
- Apply Your Anchor at the PEAK of the feeling
- Release the moment it subsides!
- Put petrol in your confidence car!





CONFIDENCE IS LIKE A MUSCLE:  
THE MORE YOU USE IT, THE  
STRONGER IT GETS.

# Thank you & Stay Safe

