

## **Giving your Confidence a Boost**

### **Develop @ City 2023**

[www.kateatkin.com/dac-conf](http://www.kateatkin.com/dac-conf)

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## **Objectives**

**Identify some limiting beliefs and options to change them**

**An understanding of four researched strategies for improving self-confidence**

**Begun to build your Confidence Wall**



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**There is no happiness  
without action**

**Benjamin Disraeli**



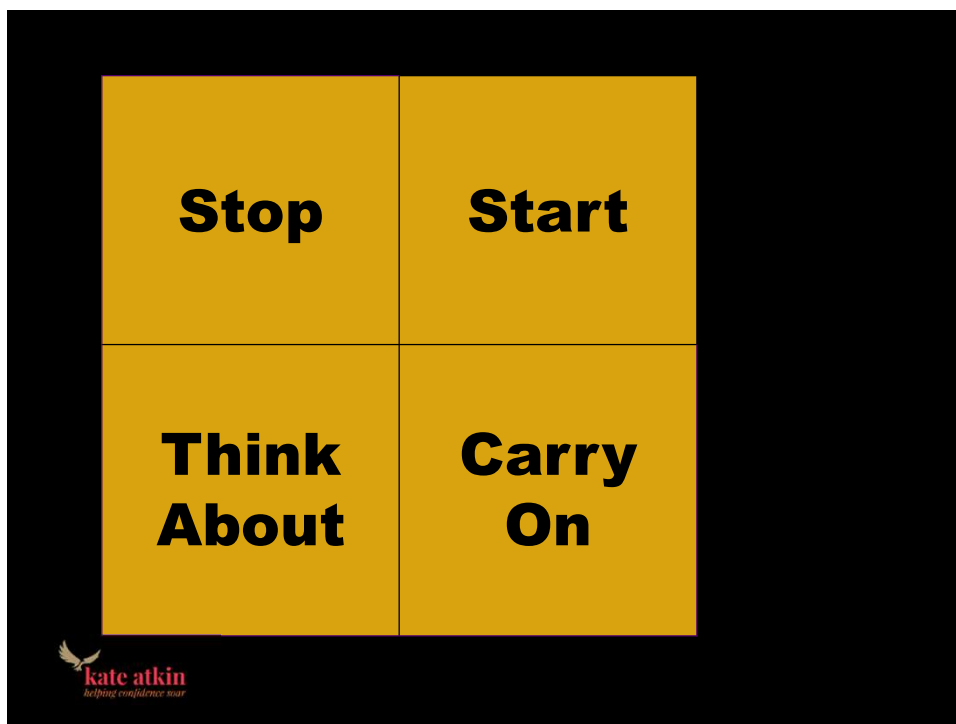
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**There is no confidence  
building without action**

**Kate Atkin**



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**Where do you have confidence?**

**Where would you like more?**



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**Strong Self-efficacy (confidence)**

**Problems are tasks to master**

**Form a strong sense of commitment to activities**

**Recover quickly from setbacks and disappointments**



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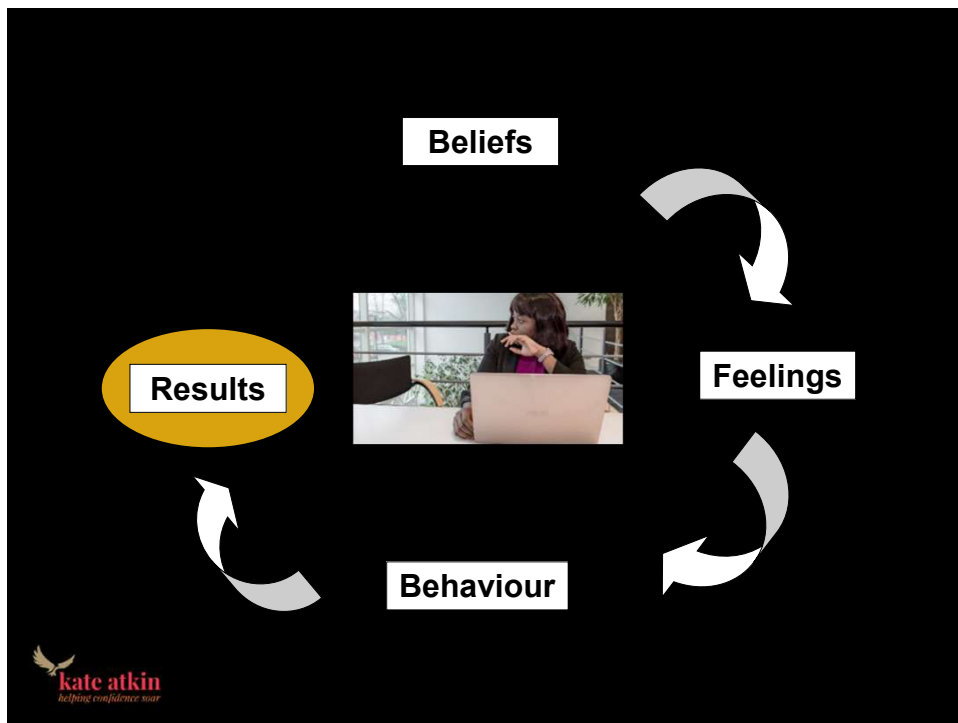
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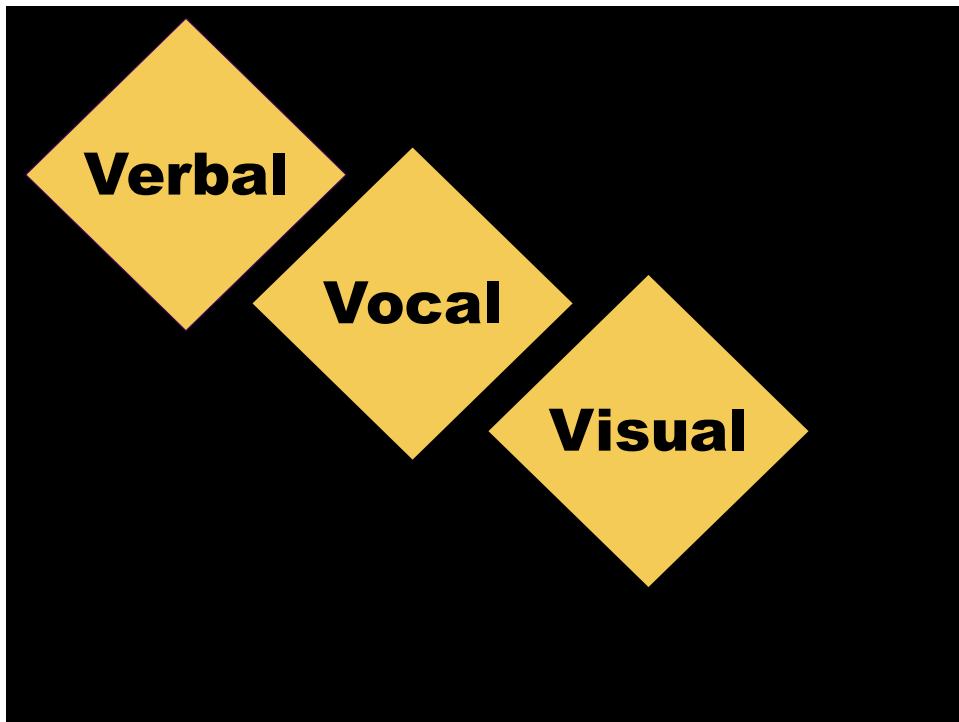
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**Mastery Experiences**

**Vicarious Experiences**

**Social Persuasion**

**Psychological States**



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**What  
is on  
your  
wall?**

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## **Remember the Balance**

**Courage**

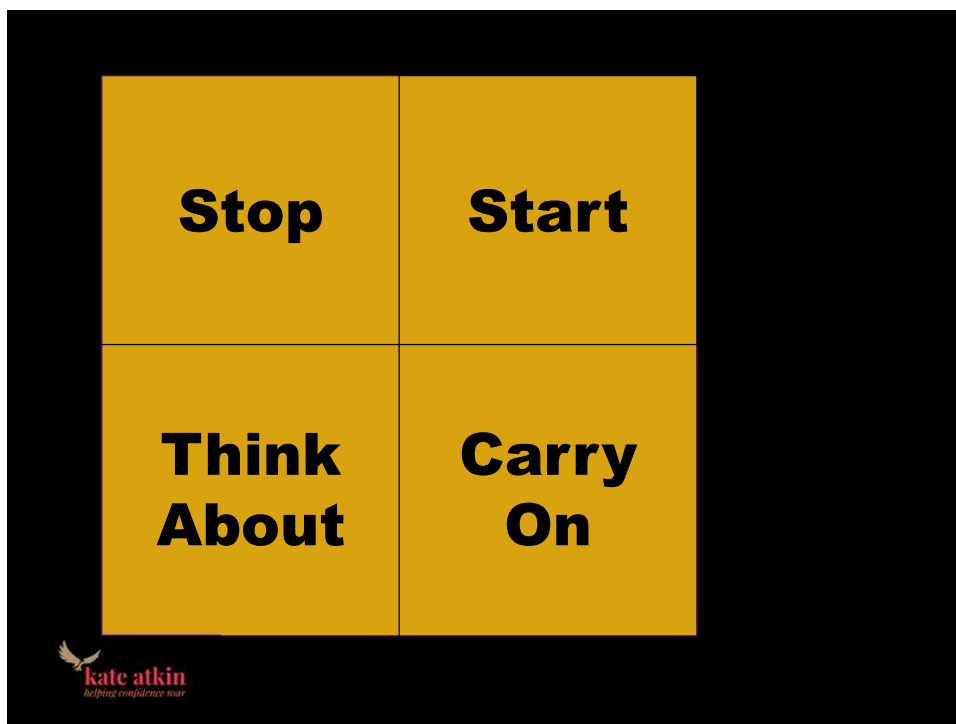
**Consideration**



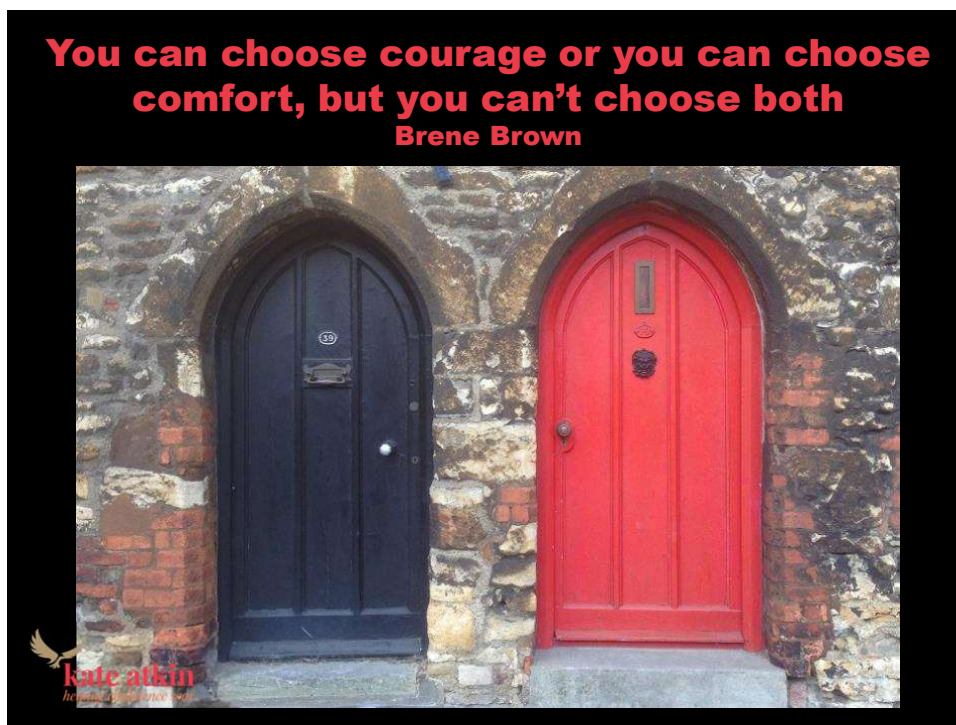
 **kate atkin**  
helping confidence soar

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## Further Reading

**“The Pursuit of Perfect” by Tal Ben-Shahar**

**“The Confident Leader” by Larina Kase**

**“The Confident Manager” by Kate Atkin**

**“Learned Optimism” by Dr Martin Seligman**

**“Inferior” by Angela Saini**

**“The Gift of Imperfection” Brene Brown**

**“The Boy, The Mole, The Fox and The Horse”  
by Charlie Mackesy**

**www.TED.com for talks by Susan Cain  
Brene Brown & Amy Cuddy**



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