

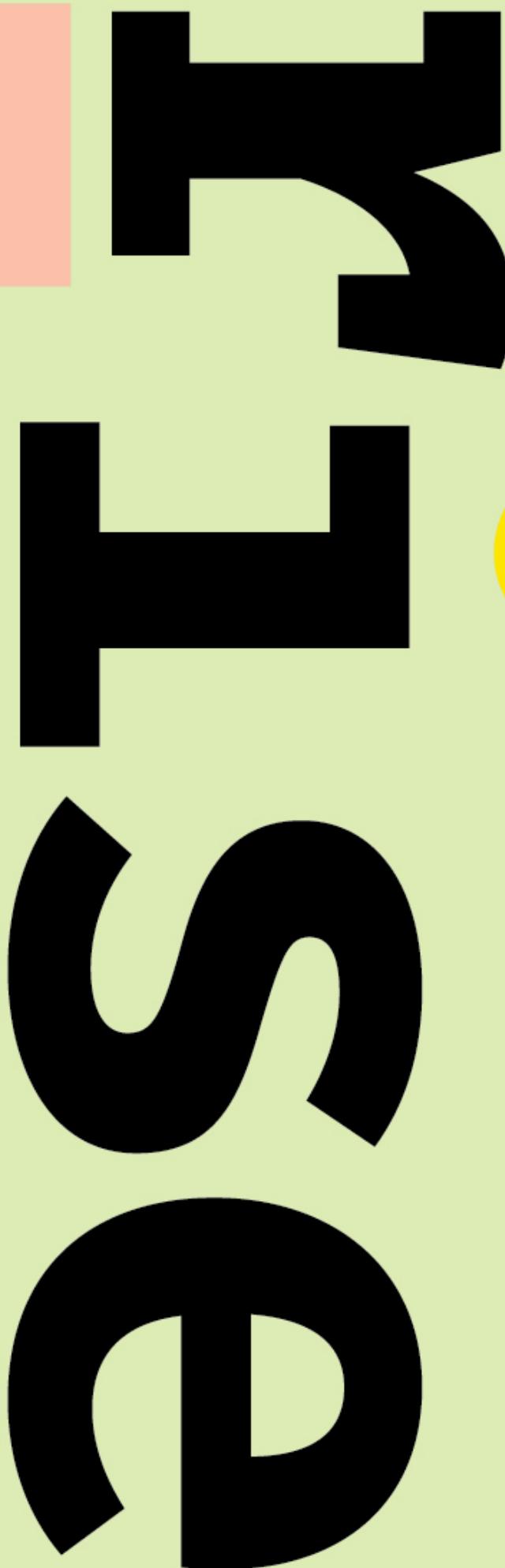


R E W R I T I N G
T H E C O D E />

Karla Angel, Confidence Coach

W E L C O M E





Professional Confidence: Confidence Boost



Professional Confidence:

Workshop series

1 Confidence Fundamentals

2 Confidence Boost

3 Confidence Traps

Agreements

- Participate to get the most from the workshop
- Keep it confidential
- Keep an open mind
- Respect everyone's opinion & experiences

Session will be recorded for
Rewriting the Code members
to access later





Karla Angel

Confidence Coach

Post College: worked as a Project Manager for a prominent healthcare IT company

Corporate career: climbed the ladder to managing large teams, implementations, and eventually was a director of a new product launch

Career twist: I realized that my favorite part of every job was helping people be more confident and empowered, then I became a coach!

Fun fact: I have two cats, Martha and Diane, and they're the best

INTRODUCTIONS



Name

School

Major

Would you tell a stranger that their fly was down or
walk around with spinach in your teeth all day?

REFLECTION

What have you practiced in the past week?

What differences have you noticed?



Photo by Jacob Lund from Noun Project

TABLE OF CONTENTS

- 1 Quick Refresher
- 2 Why is this so hard?
- 3 Level up: Mindfulness
- 4 Level up: Inner Critic work
- 5 Putting it into practice
- 6 Questions and answers
- 7 Conclusion

QUICK REFRESHER

1 Quick Refresher

2 Why is this so hard?

3 Level up: Mindfulness

4 Level up: Inner Critic work

5 Putting it into practice

6 Questions and answers

7 Conclusion





Last time

- Redefined confidence
- Clarified your authentic confidence values
- Created a vision for you to work towards
- Reviewed the steps and building blocks to building confidence
- Introduced practices to deepen learning

WHY IS THIS SO HARD?

1 Quick Refresher

2 Why is this so hard?

3 Level up: Mindfulness

4 Level up: Inner Critic work

5 Putting it into practice

6 Questions and answers

7 Conclusion



Why is this
so hard?



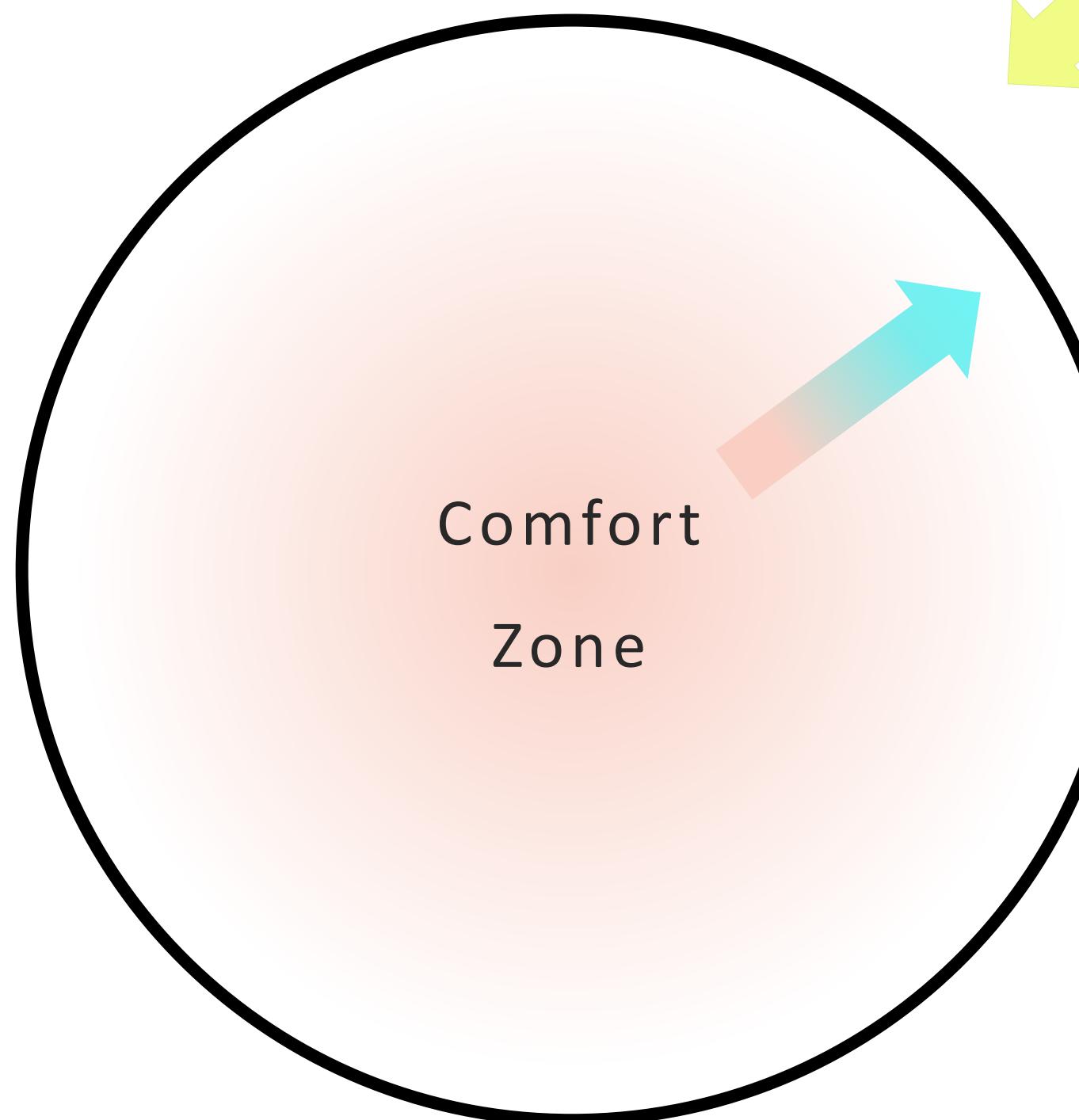
Photo by [Patrick Federi](#) on [Unsplash](#)

You developed beliefs about what's acceptable and safe and what isn't,
throughout your whole lives.

Certain traits, attributes, emotions, or habits were deemed acceptable and others weren't.

That means your minds have spent *years* building and reinforcing neuropathways
that you are now trying to reroute.

Why is this
so hard?



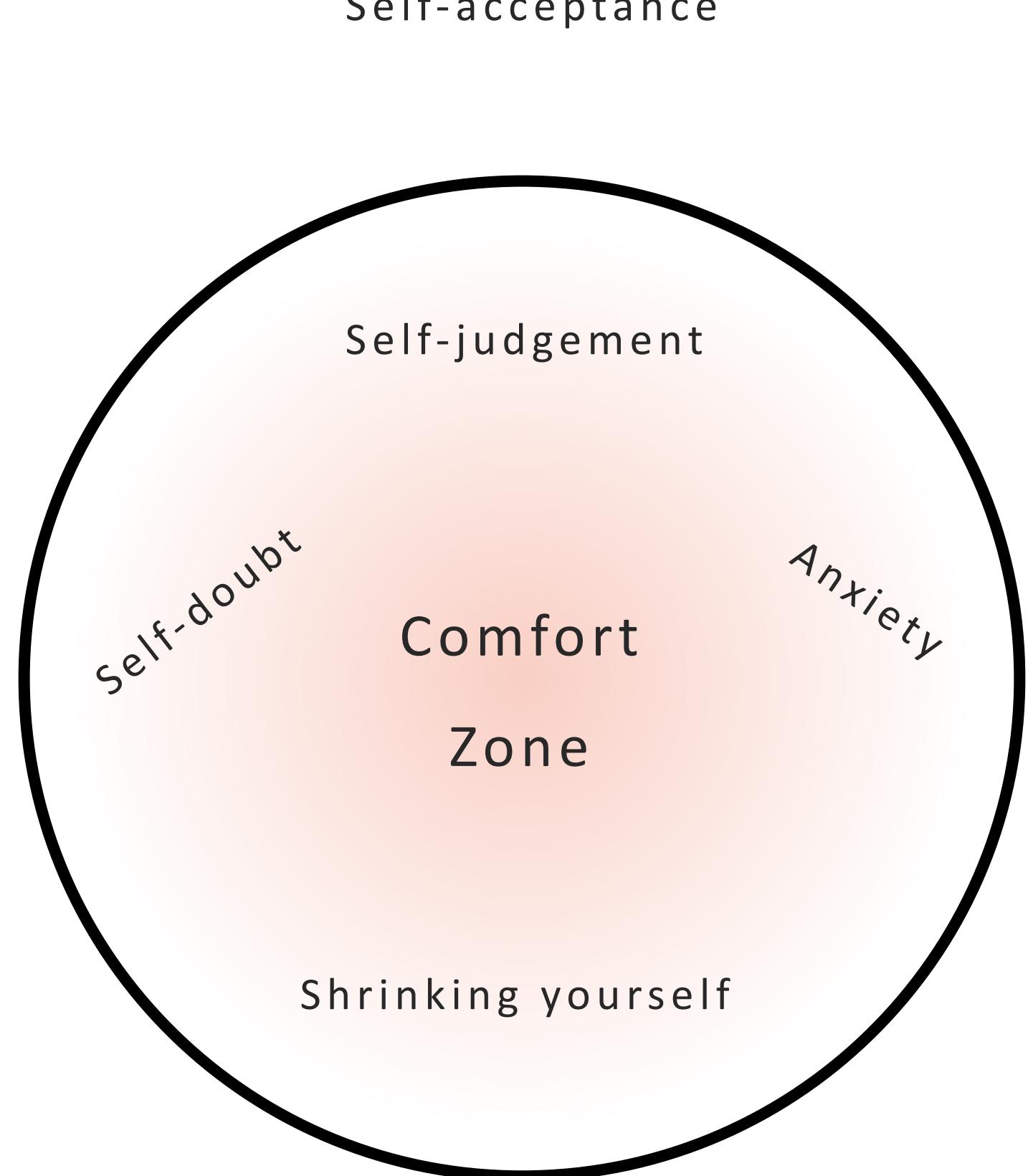
Thought Distortions

Physical warnings in the
form of body sensations

Internal defensive
mechanisms get
activated

Why is this
so hard?

Self-compassion



Grace towards yourself
after a mistake

Reflection with Partners

We are looking for PATTERNS that show up when you **aren't** feeling confident:

- Name one THOUGHT
- Name one PHYSICAL SENSATION
- Name one BEHAVIOR
(or something you avoid)



Photo by Jacob Lund from The Noun Project

Reflection

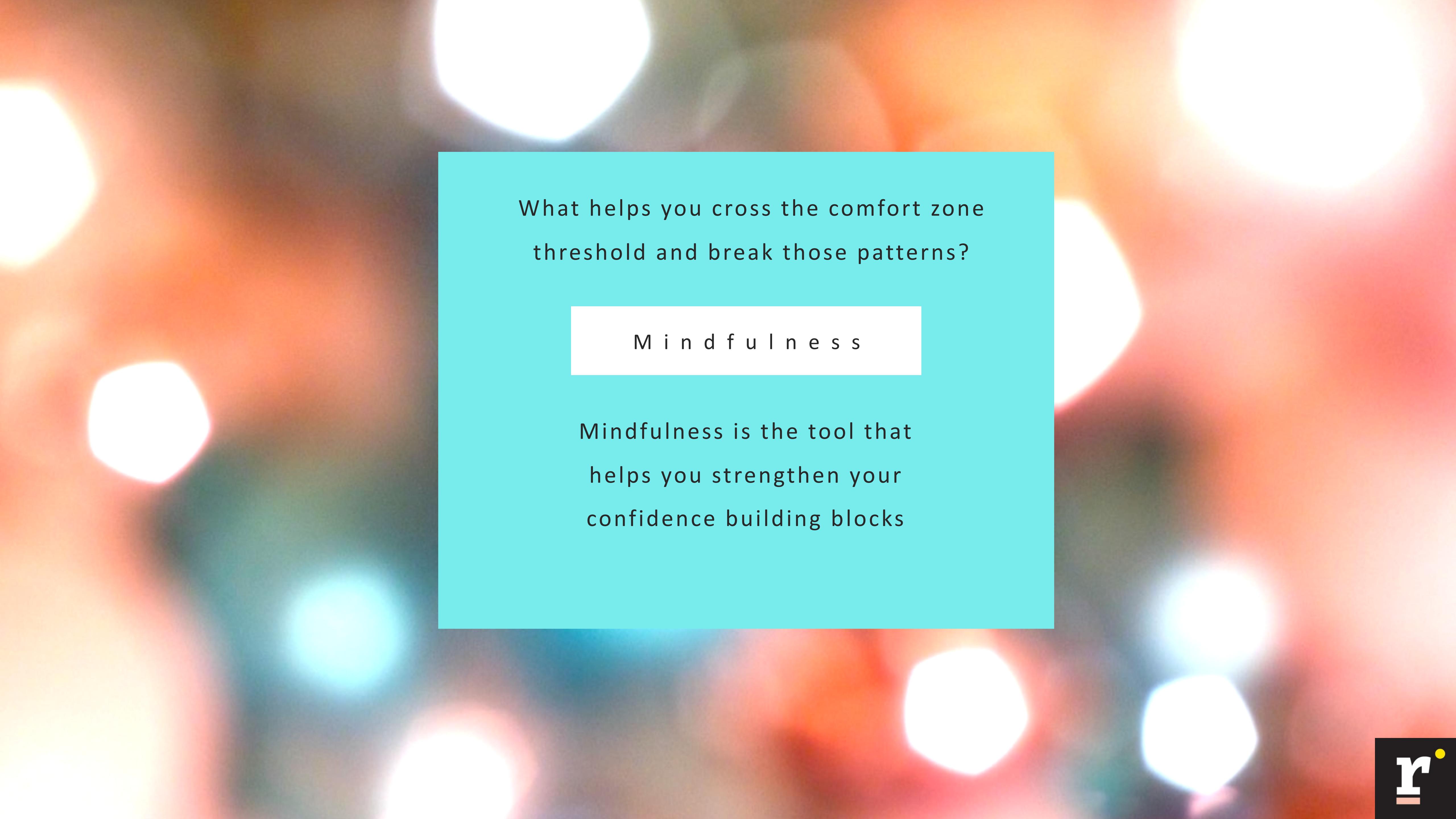
Those thoughts, feelings, and behaviors can serve as **warning flags** for you.

They're a sign that you need to check in on your building blocks.

Mindfully being aware of these allows you to notice what's happening without starting a stress spiral.



Photo by Jacob Lund from The Noun Project



What helps you cross the comfort zone
threshold and break those patterns?

M i n d f u l n e s s

Mindfulness is the tool that
helps you strengthen your
confidence building blocks

MINDFULNESS

1 Quick Refresher

2 Why is this so hard?

3 Level up: Mindfulness

4 Level up: Inner Critic work

5 Putting it into practice

6 Questions and answers

7 Conclusion





Mindfulness is

Noticing without judging

Noticing the present moment

Noticing your thoughts, feelings, and behaviors

Noticing your strengths and weaknesses

Noticing your body

Noticing your judgements about your judgements

And not making it mean anything



A perfectly “quiet” mind

1. This can sometimes be obtained but it isn't the goal of mindfulness to push anything away or to stop what's currently happening.
2. Mindfulness is about allowing what's true and present to be true and present.
3. When our minds release stress, it often bubbles up in the form of thoughts, feelings, and emotions. These are a sign you're allowing them to be released.

Mindfulness is not





A way to “fix” what’s happening

1. If you’re trying to “fix” something, you’re reinforcing the belief that there’s something wrong or broken.
2. Instead, it’s a way to acknowledge and allow yourself to feel how you’re truly feeling (because this is what you need in order to fully process an emotion).

Mindfulness is not





Meditation

1. Mindfulness can be practiced by sitting and observing your breath (meditation) but it isn't limited to that method
2. It can also be practiced by paying attention to anything in the present moment
 - The sensory scan exercise is very helpful for this
3. You can walk, eat, bird watch, or any number of things, just pay attention to the present and bring your attention back to the present when it strays

Mindfulness is not





Being happy with how you're feeling and wanting to stay like this forever

1. Acknowledging and accepting DOES NOT mean that you don't also want to change it going forward.
2. Mindfully noticing what's true and present actually informs you of where to start in order to create change.

Mindfulness is not



A photograph of a young woman with dark hair tied back, smiling warmly at the camera. She is seated in a black manual wheelchair, facing a white desk. On the desk, a silver laptop is open, and she is looking down at it with her hands on the keyboard. Behind her are large windows with a view of green trees. The right side of the image is overlaid with a light orange background and contains three circular icons with text.

Mindfulness & Confidence



Mindfulness helps you build self-awareness and create a “mental map”



Helps you acknowledge what's true with more objectivity



Helps you **choose** how you respond

Without Mindfulness

Read a job description.



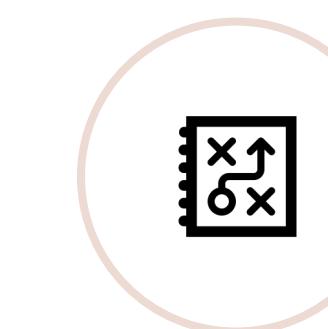
Feel anxious butterflies in your belly.

Debate whether you're qualified for the role, don't notice the Inner Critic saying that you're not.



Without realizing it, you believe that because you're thinking that you're not good enough and you feel nervous reading it, you must not be good enough.

You don't apply.



You beat yourself up for not being good enough yet and for not applying.

With Mindfulness

Read a job description.

Feel anxious butterflies in your belly.

Notice the internal debate between your Inner Critic and Inner Champion about your qualifications.

Give yourself 2 minutes to observe the anxiety in your core.

Reflect on what this is telling you: that your first job and your professional reputation are important to you.

Choose to listen to your Inner Champion and apply.

Give yourself credit for doing something that felt scary.

INNER CRITIC

1 Quick Refresher

2 Why is this so hard?

3 Level up: Mindfulness

4 Level up: Inner Critic work

5 Putting it into practice

6 Questions and answers

7 Conclusion

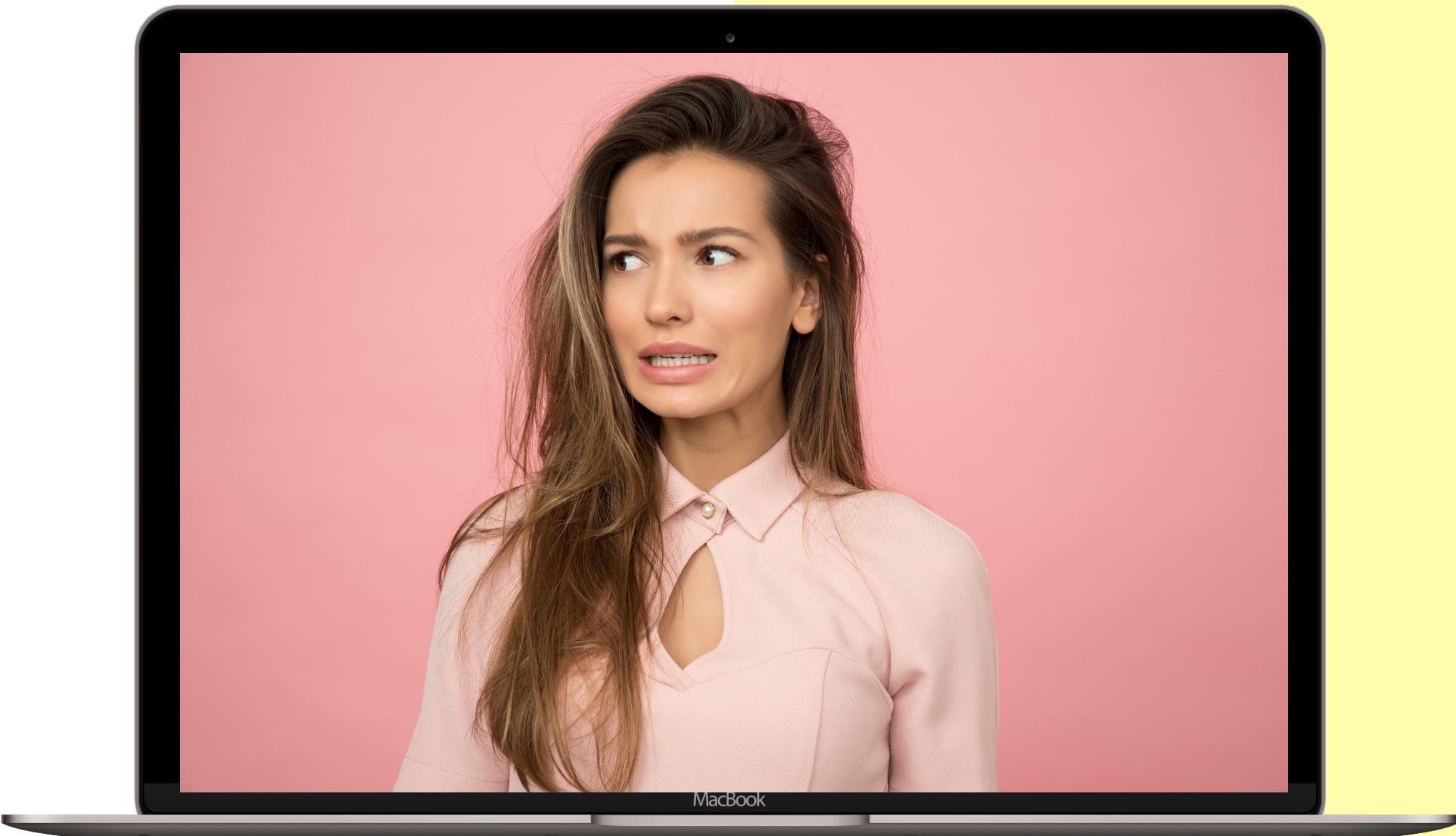


Consider

When you perceive a risk, you likely have a default *strategy* to get through the risky situation.

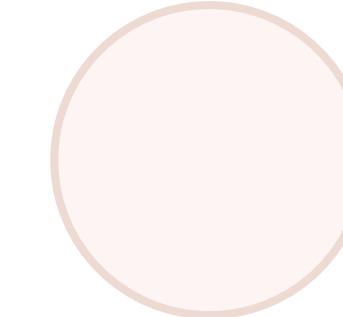
This strategy can be helpful up until a certain point, but after that, it can also overdo it to the point that it's hindering your confidence.

The part of you that tends to take over in these situations is what I call your Inner Critic.

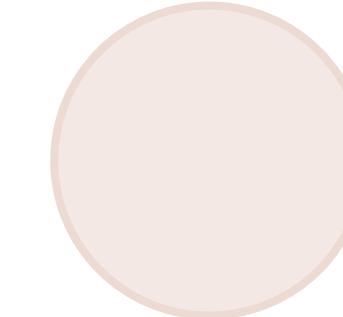


YOUR INNER CRITIC

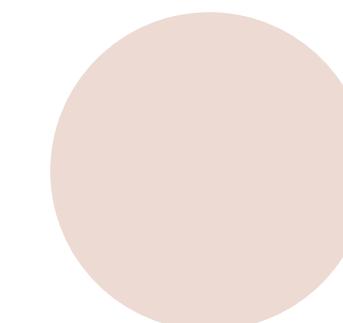
Views everything through judgement and critic, motivates by pointing out where you're lacking



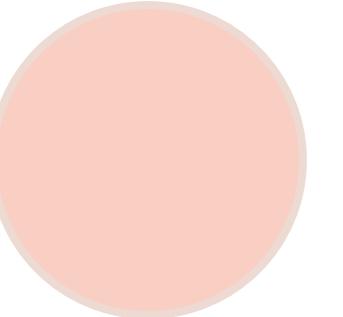
Uses perfectionism, procrastination, and other unhelpful coping methods



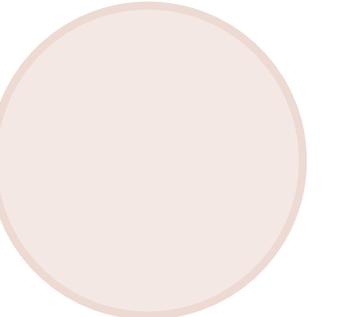
Is never satisfied, is always looking for what's next



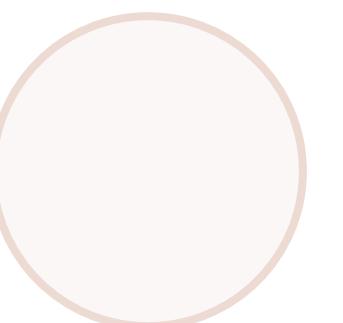
Discerns facts from judgements, assumptions, and interpretations



Recognizes and celebrates what you've accomplished and attempted



Gives yourself permission to rest, play, and recharge so that you can be your best self



INNER CHAMPION



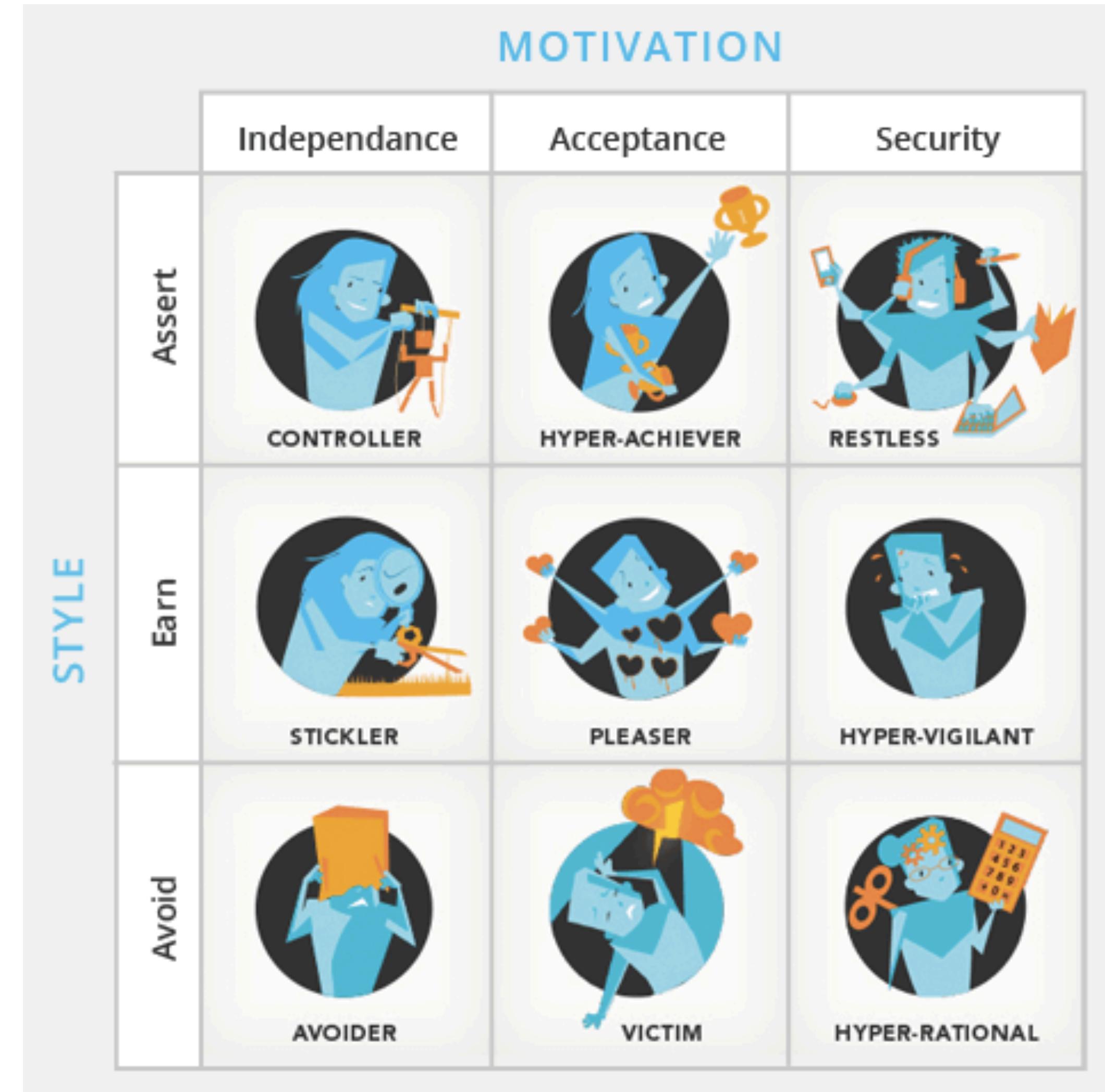
Each of us has a strong “inner judge”.

Additionally, we have unique critics that are motivated by a different things and go about achieving that with their own style.

The Motivation is what you’re seeking.

The Style is how you’re trying to reach it.

*Graphic and grid are from Positive Intelligence by Shirzad Chamine



Take your own self-assessment here:

<https://www.positiveintelligence.com/saboteurs/>

Imagine that you're a bus driver...

You, as the driver, are the most authentic version of yourself.

Your passengers are made up of your life experiences, emotions, fears, and different inner critics.

Sometimes they take the steering wheel away from you, they want you to drive differently, or they cause you to stop the bus completely.

No matter what you do, you can't remove these passengers. You're in it for the long haul.

However, you can start to notice when they've taken control and once you notice, you can learn to respond to them differently.



Photo by Uriel Soberanes on [Unsplash](#)



How to use this information:

Next time you feel insecure or self-doubt,
ask yourself:

Do you feel like your independence,
acceptance, or security is at risk?

Is it truly?

To take this to the next level:

Respond to your Inner Critic from your values or by strengthening a building block.

Practice being thankful that the Inner Critic is attempting to protect what's important to you (while acknowledging that you don't need it's help in this moment).

Ask yourself, "Am I willing to respond to this (situation/feeling/thought) differently?"



PUTTING IT INTO PRACTICE

1 Quick Refresher

2 Why is this so hard?

3 Level up: Mindfulness

4 Level up: Inner Critic work

5 Putting it into practice

6 Questions and answers

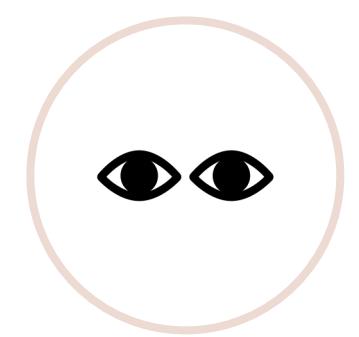
7 Conclusion



Mindful Sensory Scan

See

What are 5 things you can see right now?



Feel

Touch 4 different objects, notice how they feel.



Hear

What's the farthest away sound you can hear?

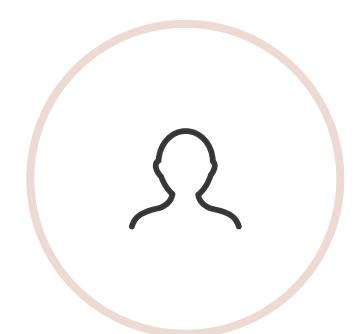


What's sound within your room?

What's a very close sound?

Smell

Are there one or two things near you that you can smell deeply.



Practicing Mindfulness



Use any of these tools when you want to bring yourself back to the present:

- 5, 4, 3, 2, 1 Sensory Scan
- Taking 3 deep breaths paying attention to how the air feels passing through your nose
- Feel where your emotions are within your body
- Dance!

Practicing Mindfulness



Use language to make impactful changes

- “I’m telling myself that I’m....”
- “I notice that I’m stuck in my automatic defensive mechanisms right now...”
- “My inner critic is telling me that I don’t know enough to apply to speak up.”
- “I can tell that part of me wants to avoid this upcoming conversation.”
- “I notice that my hands are shaky and I have butterflies.”

Practicing Mindfulness



Boost your mindfulness practice by:

- Asking yourself, “What is this emotion informing me of?”

Mindfulness exercise

Give yourself 15 minutes to sit quietly.

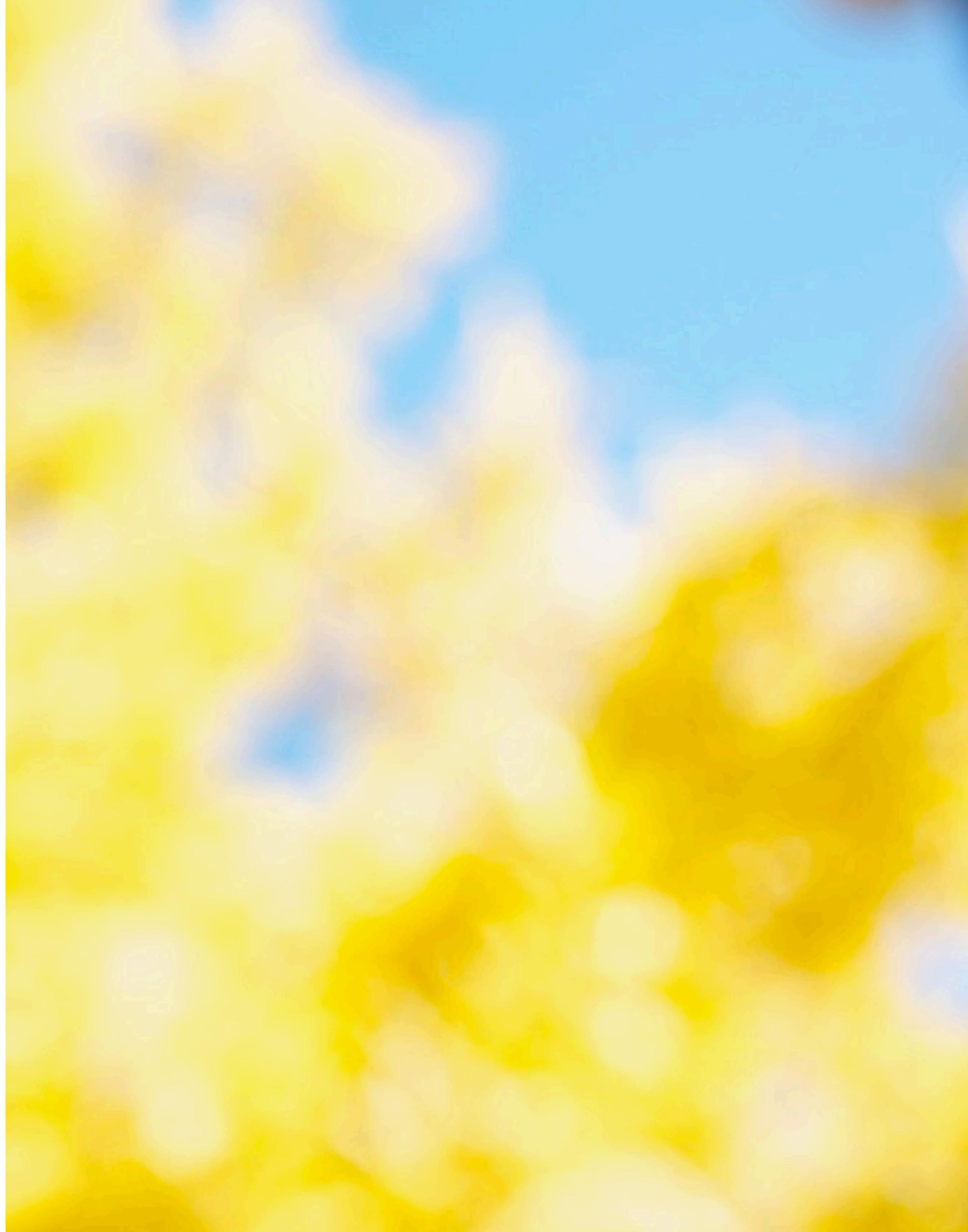
As you close your eyes, state your intention, such as

“My intention is to release stress by focusing on my breath and acknowledging what comes up.”

Breathe, noticing how the air feels passing in and out through your nose.

Pay attention to the thoughts, physical sensations, and emotions that arise. Remember that this is how your body processes and releases stress.

Refocus on your breathing until something else comes up.



Inner Critic Specific Practices



- Read the letters you wrote to yourself (an exercise from last week!)
- Speak to yourself like you speak to your best friend
- Say, “Thanks inner critic, but I don’t need your help right now.” and take action *before* you feel confident in what you’re doing!
- Reflect on your vision, how do you want to speak to yourself when you’re confident? Are you willing to practice responding to the situation in that way right now?

QUESTION & ANSWER

1 Quick Refresher

2 Why is this so hard?

3 Level up: Mindfulness

4 Level up: Inner Critic work

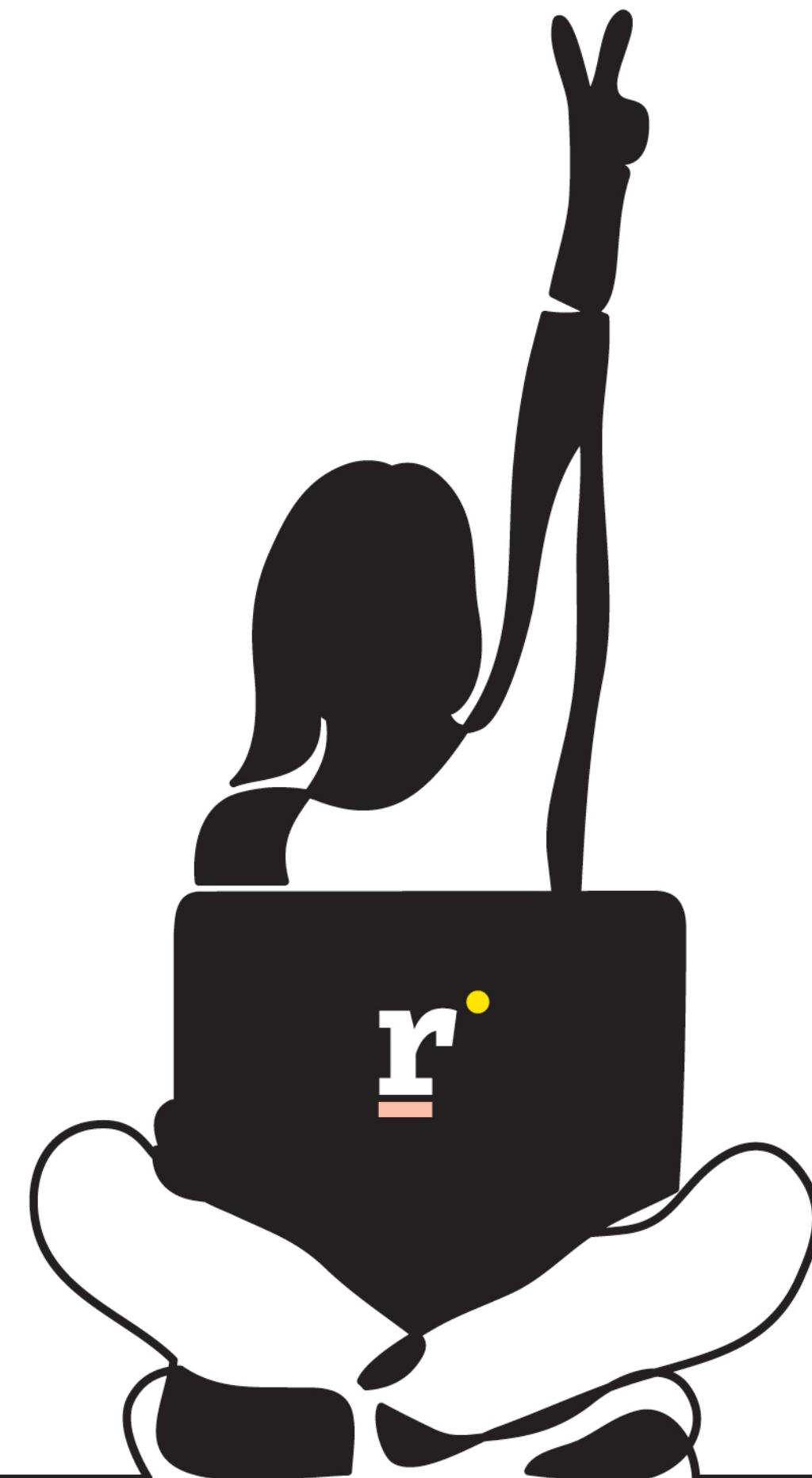
5 Putting it into practice

6 Questions and answers

7 Conclusion



ONWARD!



KARLA ANGEL

CONFIDENCE COACH

Email: Karla@KarlaAngel.com

LinkedIn: www.linkedin.com/in/karla-angel-coach/



CONCLUSION

1 Quick Refresher

2 Why is this so hard?

3 Level up: Mindfulness

4 Level up: Inner Critic work

5 Putting it into practice

6 Questions and answers

7 Conclusion



R E W R I T I N G
T H E C O D E />