

Building Confident Leaders for Life

Take 100% Responsibility

Of the REAL meaning of your circumstances

- Especially the difficult ones
- Am I really too.....

OR, is this an opportunity for me to

- Be compassionate
- Show love
- Learn what I can do better next time
- Teach & Protect

Teach & Protect

- You can't teach without _____
- You can't truly protect without _____
- Our role as a coach, or parent, or teammate, or friend

3 Magic Words

You Are Worthy

- I am Worthy
- Totally Independent & Separate from _____
- You are fearfully and wonderfully made
- Remind Yourself, and MODEL this as a parent, coach, or teammate.

The Research on Worthiness

Strong Sense of Self Worthiness >>> Confidence

3 Core Characteristics revealed

1. These women had the courage to be Imperfect Allows you to learn, grow, and be yourself, boldly
2. They were able to be compassionate w themselves first. They had self-love first.
3. They placed a very high value on connection with others. They valued Relationships over everything else.

Relationships were built on 2 things:

- Authenticity
- Vulnerability

Vulnerability

Embracing Vulnerability

- Scary
- We associate it with fear, anxiety, shame

Not innate

Brene Brown

"Vulnerability is the birthplace of your dreams."

- Your Innovation
- Your Creativity
- Your Great Relationships
- Your Joy

Ability to embrace it builds confidence

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