



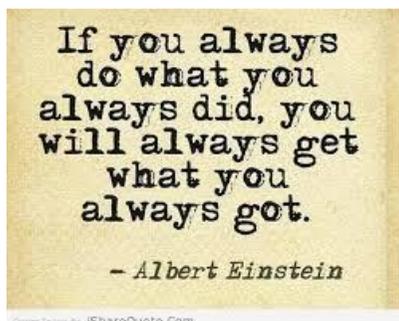
If you like these tips and are finding them useful, why not find out more by contacting me? We can then work together creating a programme tailored specifically for you.

When you join the many people who are using these, and other, strategies to build more confidence, you can be the best version of you.

Inspiring people like you.

Look forward to working with you.

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More confidence in ten easy steps





How would you like to be even more confident when you're at work, taking part in sport or simply doing the things you love? How quickly would you like to use the skills and strategies that have helped top business and sports people such as Bill Gates and Charlotte Dujardin get to the top of their game?

Using the tips in this leaflet is helping people, just like you, to turn those nervous butterflies into ones that will help you fly.

1 First things first; what's your goal? If you don't know what you want, how will you know when you've got there? Define your goal in the present and as if you already have it. *EG, I am confident when I'm meeting new people.* And make sure you say when you're going to do it too. Write it down and put it in a place where you'll see it often like the fridge door, your mirror or even put it as a screen saver on your phone.

2 See yourself completing your goal. What will it feel like? Who will be there? Where will you be and exactly what will you be doing? Maybe you can clearly hear things too? Repeat this 3D visualisation very specifically and regularly. The more you practice, the more naturally this new you will perform.

3 If you were an animal, what advice would you give yourself and being confident? Would your inner lion make sense of it by being brave? How would a dog sniff out the solution?

4 If you were standing on top of a tall building, what would your view of your 'problem' be? Consider how it would appear; what else are you doing instead?



5 Act as if. Notice the body language of someone you think is confident; how do they do it? Are they standing up tall? Are they looking you in the eye? What is the tone of their voice? What else tells you they are confident?

6 Change your focus. Tune in to the times when things have gone well as it changes the neurochemistry of the brain making it easier to perform well, now.

7 See the gifts. Criticism can sometime seem like a body blow. Let the dust settle and find the gifts in the feedback.

8 Find a chill spot. Being able to consciously relax is a great tool to use. Simply tensing different parts of your body and then releasing them can lower the body chemicals that we interpret as anxious. Does this resonate with you?

9 Mind your language. Notice how often you say things like 'I'm no good at....' Maybe you can change it to 'today didn't go as well as I'd like, but next time will be better'. It's amazing how your body and mind will respond to instructions like 'this is going to be terrible' and can, therefore, respond to the opposite.

10 Become an expert on you. Understand what you do really well. Get to grips with your strengths and talents; are you good at dealing with things patiently? Have you noticed how calming you are? When we do the things we're good at, we find that these feelings are transferred to other things too.