

TOOLKIT



CONFIDENCE

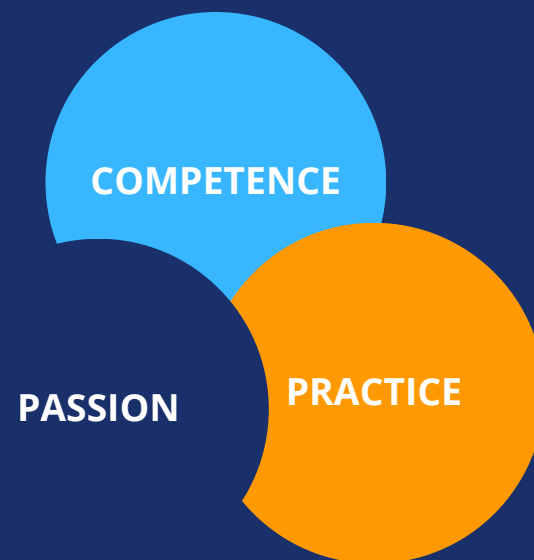
Over the years, I started to see confidence as a spectrum rather than a single state.

It shows up in different dimensions: natural confidence, inner confidence, and instant confidence.

1. NATURAL CONFIDENCE

Natural confidence comes from competence, and competence comes from practice. This is the type of confidence I build by doing something again and again.

The first time I start something new, it feels uncomfortable. But after repeating it many times, I naturally start to trust myself more.

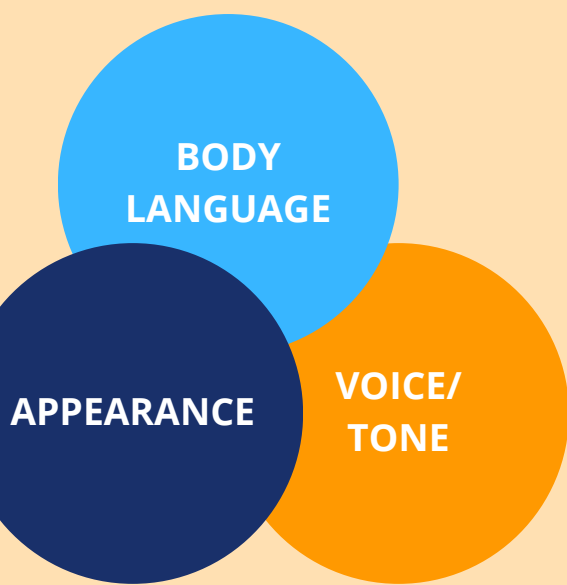


2. INSTANT CONFIDENCE

Instant confidence comes from physical presence.

Simple changes in how I carry myself can have immediate effects on my confidence levels. Stand tall, maintain eye contact, and adopt open, expansive postures.

These adjustments send signals to the brain, influencing how others perceive me and how I perceive myself.

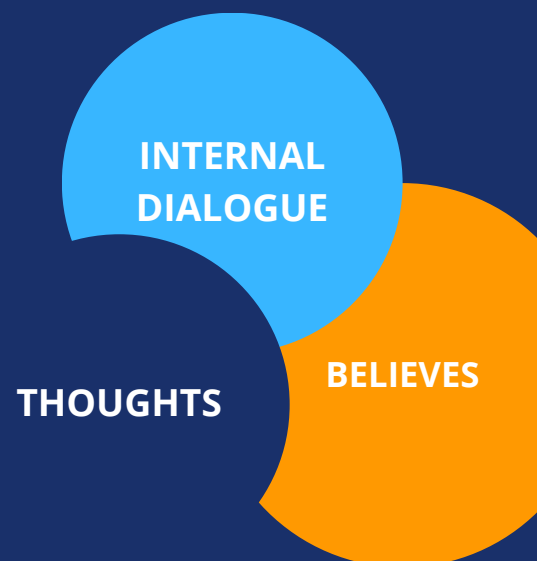


3. INNER CONFIDENCE

This is the most powerful type of confidence. I cultivate inner confidence through positive self-talk and visualisations.

During my day, I often pause for a moment and ask myself, "What am I telling myself today?"

Your mind is your best friend. But it can also be your worst enemy.



"POTENTIAL IS NURTURED, NOT PREDETERMINED"



Camelia Lazar | U-LEAD COACHING PLATFORM