

PRESENTING

THE CONFIDENCE COLLABORATIVE

Power Up Your Confidence

**Welcome to the Power Up Your Confidence
Conference 2021**

**BUILD YOUR CONFIDENCE AND BUILD THE
FUTURE YOU DREAM OF**

It all starts now! Come on inside.



PRESENTING



Joanne Thompson
Success & Career Coach



Maggie McGeary
Change Coach



Jo Pratsides
Wellness Coach



Anne-Marie Simak
Style & Confidence Coach

Power Up Your Confidence

Welcome - we are so glad you could make it. We are excited to share with you throughout the day inspiring and actionable content that you can take action on today.

Joanne, Maggie, Jo and Anne-Marie hope that you really enjoy all the sessions and that they help you in your own self-development journey.

TODAY'S AGENDA

- 9.30am - 10am - Introduction to Confidence
 - 10.15am - 11am - The Stages of Confidence
 - 11.15am - 12pm - Confidence to Change and Grow
 - 12.pm - 12.45pm - Boost Your Confidence at Work
 - 12.45pm 1.15pm- Lunch and chat in the lounge
 - 1.15pm - 2pm - Style Up your Outer Confidence
 - 2.15pm - 3pm Vulnerable Confidence - Panel discussion
 - 3.15pm - 3.45pm - Bonus - Confidence Next Steps, Q & A
- Competition to win a session with the coach of your choice and other prizes.

You can access the wonderful Confidently Vulnerable Meditation at any point during the day.

PRESENTING YOUR HOSTS

Joanne Thompson Success & Career Coach



Hi, I'm Joanne and I'm here to help you. I feel passionate about equality in the workplace so I'm focused on supporting those who may feel a little stuck or uncertain about their career. By using my coaching skills, tools, and 27 years of managerial experience to help people break free of beliefs, overcome obstacles and create plans that lead to successful actions taking them in the direction they intentionally choose to go. I help people own their own life.

My background is as an accountant and project/programme manager in Financial Services. I love all things self-development and believe the more you know about yourself, the greater chance of success you have. This is why I took up coaching as a full-time profession and left a well-paid corporate job to make a difference.

I've appeared on the Girls in Work Podcast talking about self-promotion and have authored the Positively Positive Journal and notebooks to support and develop a positive mindset. (Available from my Website or Amazon.)



Maggie McGeary Change Coach



I am a qualified as an Animas accredited coach after working as a professional change management consultant for many years.

I had started my career in financial services where I studied to Chartered Banker MBA level and became a qualified project professional with APM, PMO practitioner and AI- PMO Expert so business plans, finance and delivering projects are second nature to me. However, throughout my career what has interested me most is revealing the potential within individuals and teams to achieve together what we never thought possible with the right processes, support and tools.

Whether I'm leading complex transformation in large organisations or coaching and mentoring individuals looking to bring new ideas to life such as starting or growing their business, or adjusting to major life transitions like bereavement, divorce and redundancy, I help my clients clarify what matters, identify a path through change, and take the next step, overcoming any blocks in their way.



PRESENTING YOUR HOSTS

Jo Pratsides Wellness Coach



I am an experienced Music Therapist and Wellness Development Coach and for the last 11 years, I have worked with children, teenagers and adults with various wellness needs and conditions.

Over the last year, I have been developing and promoting personal development online, as the foundational building blocks for achieving a healthier, happier life.

My greatest passion is personal development and my life work is to help as many people as possible reach that place in their own lives, that leaves them feeling joyful and content, whilst confident to strive for more.



Anne-Marie Simak Style & Confidence Coach



Hi, my name is Anne-Marie. I have worked in the fashion industry as a makeup artist, hair stylist and stylist for 20 years. I hold a transformational coaching diploma and work as a style and confidence coach.

Since I was a young girl, born and raised in Sweden with Czech parents, I was fascinated with fashion and pop culture. Looking a bit different didn't scare me at all, which perhaps was because my parents were immigrants, which made me feel a bit different anyway. My mother was a skilled tailor, so I grew up with an understanding of crafted couture.

However, it took me a long time to connect my personality with my clothing style and understand how that could also impact my confidence.

I moved to London 20 years ago to do a makeup and hair course. Soon I started working with stylists on fashion shoots and produced and styled some of my shoots. Although working in the fashion industry for many years, I never felt connected to my style that suited my personality.

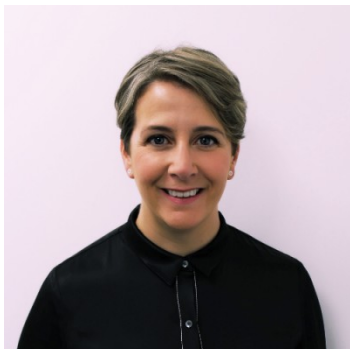
I had lots of different clothes, but they didn't feel coherent, and I often felt confused by so much choice, which made me jump from one trend to another, costing a lot of money, and I wasted clothes that I didn't end up using.

In early 2017 after doing lots of travelling and 7 years of self-exploration, I decided to do a transformational coaching course in London. Receiving the diploma, I wanted to help other women who experienced something similar with feeling lost and unsure about their appearance and self-confidence. Today I work with professional and ambitious women who feel lost and uncertain with their style and want to gain confidence to manifest that in both professional and everyday life.



PRESENTING YOUR GUESTS

Leigh-Anne Jordan
HR Consultant Owner
of Talent Solutions



Human Resources recruitment specialist with over 17 years experience sourcing diverse talent and placing with SME's and corporate businesses across Scotland.

Having taken the opportunity to create my own business, my intention is to utilise the wealth of experience I have and continue to bring this to HR & Talent Teams across Scotland.

Another focus area has been my own personal development over the last year which I will continue with in the form of being coached as well as training to become an accredited coach. This investment in myself will only enhance my offering that I will continue to bring to both clients and candidates



Candida Bradley
Wellbeing & Creative
Coach



As a coach, mental health advocate, empath and artist, I love to explore how we can use creativity to boost our wellbeing.

I coach people through imposter syndrome, confusion, self doubt, overwhelm and stress to develop confidence, motivation, resilience, self belief and trust.



Sue Dunham
QiGong, Reiki and
Meditation Specialist



Over many years, Sue has embraced the Chinese approach to health and well-being. Starting while in a stressful IT job, she eventually emerged to teach Qigong. This unusual exercise and meditation system is based on energetic healing practices based on Daoist philosophy and the principles of Traditional Chinese Medicine. It's an accessible, effective and profound approach which, fully embraced, can make a real difference to your life.





SESSION 1

9.30am - 10am

Introduction to Confidence

Meet your hosts for the day.

Get involved in the mini-debate

'Why Does Confidence Seem to Be a Problem For So Many'

Quick guide on the rest of the day

- Sessions
- Booths
- Confidently Vulnerable Meditation*
- Competition

***About the meditation:**

Confidence, vulnerability – are they states of mind? You might find that confidence rules in the day but vulnerability takes the crown at night. We will explore the possibility that both can rule: they can be woven together into the fabric of the body and mind. Perhaps a different type of confidence will emerge, one that feels comfortable and natural. Hope that you'll join me. Sue Dunham

When dialing into an event you will see the hosts but they cannot see you unless you are invited to the stage by them. You can engage with them in the sessions using:

- Chat – public chat so you can message everyone. General sharing of info and insight or network with each other.
- Direct Message – either other guests or the host – for specific issues to find out more.
- Q & A – please use this for questions to be answered by the hosts or panel.
- If you are willing to put your question to the panel or host in a visible way please indicate so we can welcome you to the stage.
- You can also visit the coach in their booth.
- The session is being recorded and will be accessible for 2 weeks post the event. The link will be sent to you after the event has finished.





SESSION 2

10.15am - 11am

The Stages of Confidence Development

Jo Pratsides
Wellness Coach

Most of us have suffered feelings of low self-esteem or self-worth at some point in our lives. Feelings of social anxiety are incredibly common and people learn to cover these up in different ways from avoidance of going out and meeting new people, or putting themselves in new and uncomfortable situations. Some people overcompensate and fall into the trap of people-pleasing for fear of rejection.

All of these things are clear indications of a lack of self-confidence.

BUT this is something we can all work on and develop at any time during our lives.

Taking a holistic approach to building self-confidence basically means we cover all angles. We don't just focus on one area of development or limit ourselves to trying to achieve just one goal. We look at our lives as a whole and build confidence from our core, enabling us to cope with and better manage ANY situation or experience we find ourselves in.

During this workshop I will be working through 'The Stages of Confidence Development' which include:

1. Fear and Anxiety

Breaking the cycle of overthinking to help silence your inner critic.

2. Motivation

Are your motivators positive or negative? Identifying more positive factors to help keep you moving forward.

3. Resilience

Banishing paralysing thoughts of unworthiness, focussing on the progress you're making towards your goals.

4. Assertiveness

Setting boundaries that feel true to your authentic self. Setting basic guidelines of how you want to be treated by others and yourself.

5. Authenticity and Strength

Confidence is rooted in who you really are. Based on developing acceptance of weaknesses/ areas of development and acknowledgment that they don't change your self-worth.

By working on our pillars of self-confidence, we will continuously grow and develop.

Are you ready to get started?





SESSION 3

11.15am - 12pm



Confidence to Change and Grow

Maggie McGeary
Change Coach

In this workshop we'll be looking at understanding confidence, building your confident character and mapping out the steps to change to get from where you are now to where you'd like to be.

We'll be identifying what impacts our confidence and working through how you can apply tried and tested change management lifecycle processes to your own personal development journey.

- * Identify the symptoms and causes of gaps in our confidence
- * Identify the critical importance of knowing yourself as you are now and identify specific areas for further development.
- * Work on getting clarity for your desired end-state.
- * Identify potential blocks and the resources and support you may need along the way.
- * Learn simple, repeatable step by step process to start building your new story, plan your route to a more confident version of you, and get closer to your own definition of success.

We will work through a guided version of the exercise on the day. You will also get access to a mini-workbook to take away to embed the learning and help you start to plot your own confidence development journey.





SESSION 4

12pm - 12.45pm



Boost your Confidence at Work

Joanne Thompson Success and Career Coach


Working in a male-dominated function and industry for so many years has fuelled my passion to support women in gaining their rightful place at the table of their choosing. So many of us settle for the status quo as we don't want to rock the boat for fear of a backlash on our performance. It's also difficult to navigate office politics and the constant change especially in the uncertain cost-cutting world we live in today.

Focusing on who you are and what you want helps to implement tools and techniques in your everyday working life to create the future you want.
You'll no longer feel like an imposter!

In this session we will be discussing:

1. What confidence in the workplace is
2. Why it matters
3. What affects our levels of confidence
4. Ways you can improve confidence and get the career you want

At the end of the session, you will:

1. Have identified key or significant obstacles holding you back
 2. Have options to close your confidence gap.
 3. Tools and tips to get started on your next career chapter
 4. Move along the confidence success path
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SESSION 5



Style yourself confident

1.15pm - 2pm

Anne- Marie Simak
Style and Confidence Coach

Topic: Confidence with your appearance

- Being confident with your clothes and appearance is about embracing who you really are.

Introduction:

My definition of confidence. High confidence vs low self-esteem.

My story

How I became confident with my appearance and clothes.

The method of how your clothes can reflect and improve your confidence.

1. Know and accept yourself and your body.
2. Knowledge: What suit your body type and how clothes should sit on you.
3. Dare to try and fail and try again.

We will go through each point and there will be some practical homework and tips you can take away.

Conclusion: a summary and a check-in with a short Q&A.





Session 6

Panel Discussion – Being Confidently Vulnerable

2.15pm – 3pm

Ever have these thoughts??

Oh no – they'll know I'm blagging!

Don't be emotional – they'll think you're weak!

I can't let them see I'm struggling – they'll give me something easier!

Am I invisible? I may be in menopause but I'm not incapable!

We have!

We will be discussing whether and how vulnerability can be an asset.

Join the hosts and our 2 amazing guests

Leigh-Anne O'Neil (HR Consultant & Business Owner)

Candida Bradley (Creative Coach & Mental Health/Wellbeing Advocate)

"Vulnerability is the only authentic state. Being vulnerable means being open, for wounding, but also for pleasure. Being open to the wounds of life means also being open to the bounty and beauty. Don't mask or deny your vulnerability: it is your greatest asset. Be vulnerable: quake and shake in your boots with it. the new goodness that is coming to you, in the form of people, situations, and things can only come to you when you are vulnerable, i.e. open."

— Stephen Russell, *Barefoot Doctor's Guide to the Tao: A Spiritual Handbook for the Urban Warrior*





Session 7

3.15pm - 3.45pm

Host Discussion - What have we learnt & how do we go forward

So what are your key takeaways? What will you do differently? Ask us Anything Q & A.

In this session, you will learn

What other support is available to you.

How coaching has helped us to grow and develop as individuals and coaches.

Take the opportunity to come on stage with us in our Q & A session and boost your confidence by putting into practice what you have learned.

We'll also be announcing competition winners and celebrating your confidence boost.

