



focused on you

## The Confidence Model

### What's holding YOU back?

You've maybe had a few setbacks, or been bullied. Maybe nothing that you can put your finger on but others always seem more confident, appear to have higher abilities and charisma and this makes you feel insignificant, less worthy or you don't appear to exist at all.

Have you ever wondered, what is it that people do that makes them so confident, so energised and to appear that everything always goes their way?

In these sessions you will be in a safe environment and together we will have an adventure into the world of Confidence. To experience what it is like to be confident.

#### Focused On:

- What is confidence
- How to recognise it
- How to get it
- What to do with it

#### What you will learn:

- The cost of lack of confidence to you, work and home life
- The relationship between mind and body
- 'How' you say what you say affects confidence
- How your physiology affects confidence
- Finding your 'safe place'
- State control
- Creating your support team
- Putting yourself in another's shoes – the power of shoes!
- Be authentic to yourself
- The positive intention

#### Outcome:

- Understand the power of choice and acceptance
- Ability to recognise your own stress signals before they become a problem
- Ability to recognise stress signals in others
- Understand how to approach people to give and receive help
- Balance what is important and at the top of your priority list
- Reduced stress, improving physical and mental health
- Improved performance
- Happier home, work and social life
- Feel empowered and successful

## February

Workshop 2 hours:

Wednesday Evenings

6:30-8:30pm

**£70** per month

Venue: Focused On You  
40, Long Street  
Easingwold  
York  
YO61 3HT

Instructor:  
Cherylynn Christensen