



The Map & The Territory Leadership

From Turbulent Seas to Steady at The Helm: *Navigating Leadership with Confidence*



Women In Manufacturing—Education Foundation

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The Invitation

- Rather than listening for information, ***engage for transformation.***

Confidence Defined

- Confidence is defined as a “belief in the certainty of something”.





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Confidence Myths

1. I'll feel confident **when ...**
2. **Everyone else** has a right to feel confident, I don't.
3. **Who am I to ...?**





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Confidence Truths

1. Confidence is a **CHOICE**.
2. Confidence happens in the **NOW**.
3. Confidence is a **PRACTICE**.





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Identifying The Myth

1. Think of a time when you experienced a crisis in confidence; worry, doubt, anxiety, dread or panic when it came to your abilities.
2. Write down what happened.
3. a) What belief about yourself was operating? b) What conclusion(s) did you make about yourself as a result of this experience?





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Confidence is a CHOICE

- Only we can decide that we are worthy of being *certain* of ourselves.
 - **TOOL#1: Testing your beliefs**
 - Is it true? (yes or no)
 - Can I be absolutely sure it's true? (yes or no)
 - What's it like when I believe the thought ... ?
 - *Who am I* without the thought ... ?

Exercise taken from *The Work* of Byron Katie





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Confidence happens in the NOW

- **TOOL#2: Being Here Now**
 - Take a deep breathe in, and breathe out the past ... let go of the past, and all outdated beliefs.
 - Take a deep breath in, and breathe out any future worries about what is to come. The future is not here yet.
 - Finally, taking a deep breathe in consider that anything you are wanting to create for yourself—including confidence—begins right here.





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Confidence is a PRACTICE

- **TOOL #3: Taking Action**
 - One way I will take action to honor *who I am* is _____.
 - One way I will take action to support *who I am* is _____.
 - One way I will take action to express *who I am* is _____.
 - One way I will take action to live *who I am* is _____.





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Connect with us @ www.tmttleadership.com/wim

Ideas for ACTION

- ➔ 1. Private 1:1 Coaching Session with Alex
- ➔ 2. Virtual Event July 16th: *“Breaking Bad: Retiring Old Habits for Renewed Leadership Impact”*
- ➔ 3. Join our mailing list!





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TOOL #4: TAKING A STAND

“A confident person—knowing and believing in her identity—carries *tools*, not weapons.”

—Amy Cuddy, *Presence: Bringing Your Boldest Self to Your Biggest Challenges*





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- **ASK** me anything
- **SHARE** an insight
- **CONTRIBUTE** your experiences





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Igniting Growth. Building Trust. Creating Impact.

The Map & The Territory is a boutique leadership consulting firm supporting organizations across a diverse range of industries, from pharmaceuticals to consumer goods, finance to media.

We specialize in highly experiential leadership development programs to support teams and individuals in navigating the complexity of dynamic and ambiguous work environments.

As a result, our clients cultivate a deeper understanding of themselves and the true value of their contribution by identifying, strengthening and refining *who* they are as leaders.

