

KiE Confidence Strategies

By
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20 TOP TIPS FOR Supreme Confidence

www.kiechelle.com

This booklet is being produced for you FREE of charge by KiE Leadership Training & Development. It is our vision to see individuals develop to their full potential. We believe self-confidence is the foundation of excellence and it's a prerequisite to success on any level.

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Dear friends,
What you hold in your hands is a really useful and incredible product.
It is 20 top tips that have been devised to give you true and lasting confidence. It is a combination of tools and strategies I have learnt over the years through my study of Kinesiology, Hypnotherapy, NLP, NAC, Accelerated learning, Psychotherapy, Meditation, Leadership Development and various other studies.
An idea will be, to pick one a day and concentrate on it and let it work for you. Read it again and again and practice the strategies outlined.
Allow yourself enough time to let each idea sink in.
The ideas for external confidence are pretty straightforward –most of them- and only takes a little time.
The strategies suggested for internal confidence needs more time and patience, and are truly effective.
My vision is that in some way this booklet will make a difference to your level of confidence.

Bear in mind that this is a free condensed booklet, the ideas, strategies and concepts are discussed in great details in my book; please check out the website for updates on that.

Endless love & Light
Kiechelle

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- A bit about me
- Confidence –What is it?
- Common myths about confidence.
- Kiechelle’s ‘model’ of how we develop self confidence and self esteem.
- 20 Top tips for Extreme Confidence.

A bit about me...

I was driven to produce this booklet because I wanted you to have a way to increase your self-confidence at absolutely NO COST to you. Although I believe people should be paid for what they deliver I also believe that it isn't always about the money. It's about making a difference in some way that's beneficial to someone else.

My mission is to “Increase the self-confidence and self-esteem of the world.”

To empower individuals so they can take action and live the life they deserve. To encourage individuals to go out and use their lives as an example of what is possible. To ignite in the human spirit, a sense of 'I can do it' attitude.

I have chosen to do this through teaching others how to re awaken their own self-confidence.

I believe we were all born with self-confidence. Look at babies they know how to get the message across. Some where, some how, as we grew older, life takes its toll. Our environment, people, incidents, occurrences etc sometimes beats us down. Some of us get up and move on, for others the blow becomes

too much and instead of being in control of our life –
Life then begins to control us!
I'm here to say that it doesn't matter who you are and
where you are if you want to increase your confidence
All you need is the desire to be confident and the
willingness to follow through.

CONFIDENCE

WHAT IS IT?

I believe there is a major misconception when it
comes to understanding how confidence really works.
I hear people say all the time 'I've lost all my
confidence'

The truth is they can't access the confidence that still
exists in their body. Although they may lack
confidence doing one or more particular things i.e.
meeting people or finding a new job, I'm sure that
there are still many things they feel really confident in
doing, for instance –they can still tie their shoe laces.
That example may seem trifle but I hope it served to
demonstrate my point. Confidence is never really lost
totally. It's just in a hard to reach place. It's also
situational.

It's a feeling you have in your body, a rather unhelpful
feeling that affects your belief in yourself to do many
things. People can get into a state where they find it
impossible to access confidence, so they stack
negative emotion over negative emotion. They begin
to feel bad about themselves and become spiralled
into a dark and unfamiliar place. This is commonly
called depression.

*Self –confidence is the belief in your ability to do
anything.*

It's a state of mind you can learn or adopt anytime you choose. Imagine having as much confidence as you want whenever you need it. That's what I'm talking about.

Switching on the confidence to make your life work better.

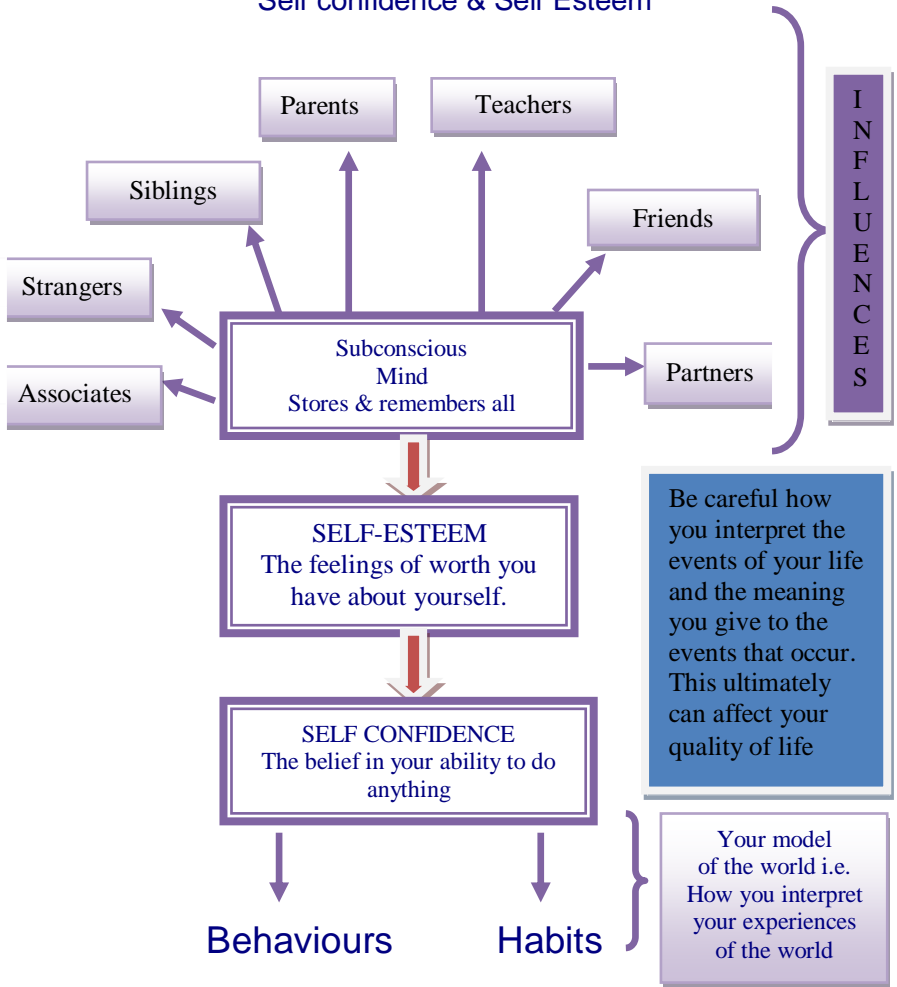
This booklet is designed to take you through some steps that will allow you to reach the confidence you need.

COMMON MYTHS ABOUT CONFIDENCE

- **Untrue – Once you loose your confidence it's gone forever.**
- **Untrue- Only certain people are really confident i.e. the rich or privileged.**
- **Untrue- It takes many years to regain you confidence.**
- **Untrue – You can only be confident by repeating something over and over again.**
- **Untrue- You cannot be confident in a new environment doing something for the first time.**

To make a comment, register your interest for a confidence seminar, personal coaching, to find out about other events please go to

Kiechelle's 'Model' of Self confidence & Self Esteem



20 Top Tips for extreme confidence

10 top tips EXTERNAL

1. Total makeover

Women especially can relate to this. New hair, correct application of makeup, facial, manicure, pedicure, you name it, total pampering.

For men –especially in this time of equality – similar treatments can be done.

Never underestimate how great this would make you feel.

2. Exercise

Get moving, tone up, loose some weight if you feel you need to. Or just exercise for fitness. It gets oxygen flowing and makes you feel great.

3. Spring Clean

Yes I did say spring clean, major clear out time! Get rid of the things you haven't used in years. Give it to charity. Go through your home, through each room. Are you storing 'junk?' You may be blocking the flow of energy –I'm no expert on this-but when I did it the whole world became brighter. Clean, pack, recycle, label, etc. Trust me on this one.

4. Voice Lesson

Do you speak clearly? Are you easily understood? We spend time on all other aspects of our personality. Our voice is what we use every day to make an impression. Over the phone it's all we have. We should devote some time to it. Record yourself speaking and listen to it. Don't be too harsh as most people 'dislike' the sound of

their recorded voice, but look out for clarity and professionalism. Invest in a programme, home study or a voice coach. It's one of our greatest resources so treat it kindly.

5. Learn something new.

Is there something you always wanted to learn? A new language? Design web pages? Swim or scuba dive?

Go for it. Don't wait. Get some prospectus and find out who is doing what.

6. Cultivate a new and positive friendship

This especially applies to people with toxic relationships in their life. If you are surrounded by people who put you down constantly then all the steps here will not make any difference! You need to have some positive people in your life.

Why not go to a personal development seminar, or join a personal development club and meet people.

7. Write down your goals

You would not believe the difference it would make in your life to write down you goals.

Have weekly goals, monthly goals, yearly goals, 5 year goals, 10 years etc. Revise and check your goals regularly. Several times a week, if not daily.

When you complete them it will give you such a great feeling of satisfaction, but remember it's also about the journey and not just the destination!

8. Meditation

Find some quite time every day to focus on you.

It could be 5 or 10 minutes or longer if you want.

Think about who you are and what you want from life. Some times we lose ourselves in the hustle

and bustle of life. It's about taking a few minutes to reconnect every day. Clear your mind and just concentrate on your breathing. Listen to some soothing music; find your own way to tap into tranquillity.

9. Me Time

Are you a working mum? An executive? Someone who burns the candle at both ends? I know how this can sometimes feel from very personal experience. You give and give and sometimes there is nothing left at the end of the day, not even for yourself. One day in the month arrange for some ME time. Do whatever your heart desires- all legal I recommend 😊 Take a friend and have a great time. Or if you prefer indulge in your favourite treats, bath essence, get your hair done, a massage or beauty treatments. Get the picture?

10. Challenge yourself

Set yourself a different challenge every week. Anything from saying something nice to people you meet (e.g. say something cheerful to the checkout person when you're shopping.) to challenging yourself to drink less beer to eating a salad with every meal, or simply doing an act of kindness for someone etc.

These are 10 steps that may seem like just sensible things to do. For most solutions in life the answers are amazingly simple. Not because they are simple it means that we do them. We still need a gentle reminder, or a little nudge in the right direction.

Do the ones that appeals to you, and give your self a boost and watch your confidence grow.

“I CAN is 100 times more important than IQ”

And here's the other 10 Great Steps –INTERNAL

11. Affirmation

Have you heard the expression –Rubbish in rubbish out? Well I believe you have to become aware of what goes into your mind because it can play havoc with your emotions. A kind way to do this is by affirmations. It's repeating to yourself certain positive phrases or statements in the positive. For instance say, 'I am becoming more and more confident every day' say it as many times as you can, say it with emotion and conviction and watch what happens to your confidence.

12. Movement

It was Anthony Robbins, author and success guru who said 'Emotion is created by motion' what this means is that whatever emotion you feel your body has a posture that coincides with that. Think about it.

If you feel upset and you are crying, notice how you are holding your body. It will most likely be leaning forward, or slumped with low shoulders, heads hanging low, eyes looking down etc. get my drift?

Look at someone when they are happy or laughing out loud, head held high, posture erect, and eyes looking up etc. Become aware of how your movement affects how you feel and use this information to your advantage.

13. Self-Talk

We all talk to ourselves. Most of us do it internally, some go it externally. (We are not debating sanity here..) The question is what are you saying to yourself? Are you an admirer of yourself or are you your own worst enemy. Do you put yourself down? Or tell yourself you can't do certain things? Become aware of it, make it a habit to give yourself pep talks.

14. Beliefs

What do you believe about confidence? Look back at the page about Myths. What ever you believe you need to realise that you like every body else are entitled to be confident and it is attainable by everyone.

Write down some beliefs you have about confidence.

Look at them and decide if they are useful to you. If it's not, change them for new more empowering beliefs.

15. Visualization

You must see it to believe it. See it means in your mind's eye. Imagine yourself being more confident.

How would this make life better? What would you do?

Who would you meet? Where would you work? Imagination is a very powerful thing. It plants the seeds for better things to come.

16. Conditioning

Who we are right now is due to the way we have been conditioned. We have been conditioned all our lives.

Some of it may be good. Behaviours are learnt. We are influenced by a mass of forces in our lives. People places, events, etc. Now we can take control of this and recondition ourselves. Remember rubbish in –rubbish out? Begin now, read, go to a workshop that inspires you, do a new course, cultivate supporting friendships, feed your mind.

17. Copycat

Become a copy cat, or what is known in the NLP world as modelling. What this means is to find someone who has already achieved what you are trying to achieve. Find out what they believe about themselves, that's made them successful. Ask questions to get an idea of their pattern of thinking. What do they believe about self confidence? What makes them feel confident? Etc...

18. New positive vocabulary

Develop the language/vocabulary of a confident person. Ask someone you trust to listen to you for a period of time and make a list of all the negative words and phrases you use. Become aware of them. Say good bye to them and replace them for new empowering positive words and language.

19. Anchoring

A process in Neuro Linguistic programming that allows you to recapture lost feelings or emotions or helps you to create new positive states. A simple technique would be to make a fist and punch the air whilst shouting Yes! At the same

time see and feel yourself being the most confident 'you'. Really feel the emotions running through your body. Get connected and associated with it. Repeat this as many times as you can and notice that each time the feeling of confidence is reinforced. Pretty soon you will say Yes! Punch the air and automatically feel the confidence. Get the picture?

20. Practice! Practice! Practice!

Seek out opportunities to develop your self confidence. Do a presentation, give a speech, make a new friendship, sing or dance in publicjust do it! ☺



*Love and light
Kiechelle Degale*