



UNLEASH YOUR CONFIDENCE IN TECH: 3 SCIENCE-BASED STRATEGIES

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CO-FOUNDER/COO OF RYCOR
2010 TO 2020





CONFIDENCE COACHING

for people in tech



with David

What would be possible
in your life with MORE
CONFIDENCE?





1

DEVELOP YOUR EQ

2

REDUCE NEGATIVE SELF-TALK

3

FAIL FAST





HOW DO
YOU
DEFINE
CONFIDENCE?



ANNA GRADIE
CONFIDENCE COACH

CONFIDENCE IS...

THE BELIEF IN YOUR SUCCESS
THAT STIMULATES ACTION

IT IS YOUR WILLINGNESS TO TRY



STEP 1

DEVELOP

your Emotional Intelligence (EQ)

EMOTIONAL INTELLIGENCE (EQ)



EXPRESS
yourself



RELATE
to others



CONTROL
impulses



ADAPT
to change



EQ WHEEL

MY EQ REPORT

Scores all EQ 15
competencies





HOW DO
EQ SCORES
WORK?

McDermott

COMMUNICATION



ASSERTIVENESS VS
EMPATHY



PRACTICE ASSERTIVENESS

SELF-REGARD



FOCUS ON YOUR
STRENGTHS



LEARN
NEW SKILLS



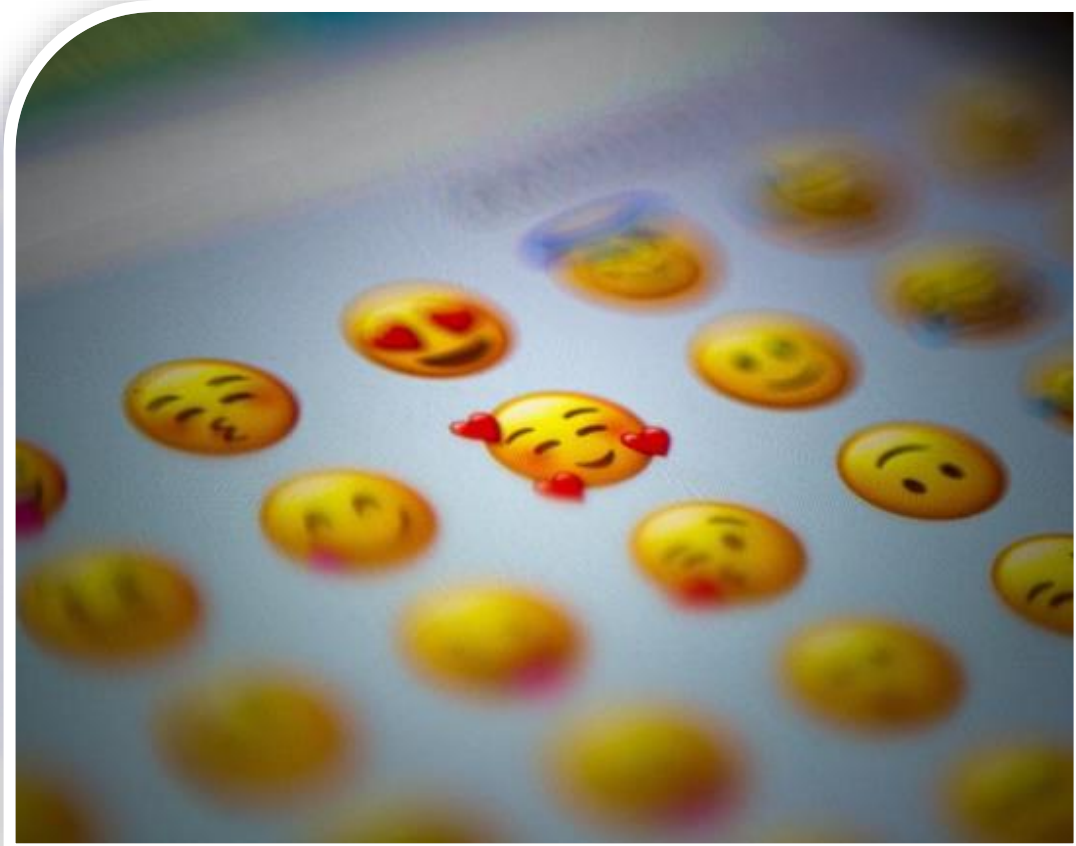
3-MINUTE JOURNALING EXERCISE

WHAT ARE YOUR
TOP THREE
STRENGTHS?

WHAT IS YOUR
BIGGEST
ACCCOMPLISHMENT?



EMOTIONAL SELF-AWARENESS



YOUR
EMOTIONS

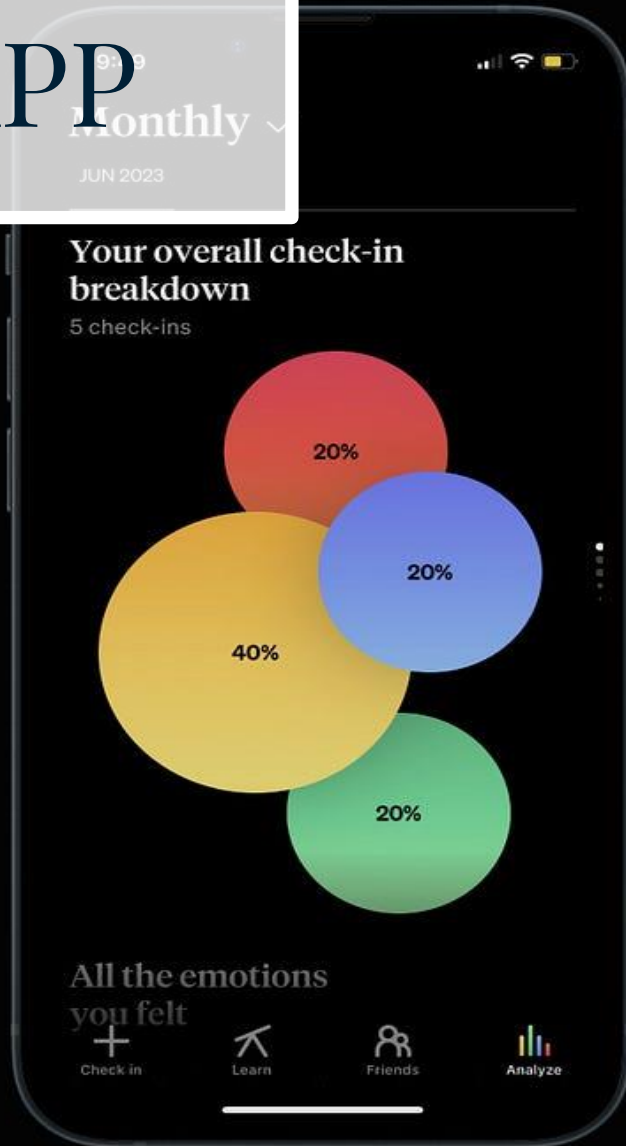
YOUR
TRIGGERS





WHAT ARE
YOUR
TRIGGERS?

HOW WE FEEL APP





STEP 2

REDUCE your negative self-talk

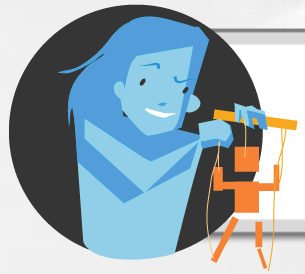


THE JUDGE



HOW CAN YOU
PERSONIFY
YOUR JUDGE?

ACCOMPLICE SABOTEURS



CONTROLLER



RESTLESS



HYPER-ACHIEVER



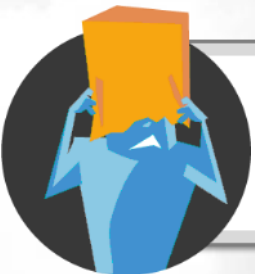
STICKLER



PLEASER



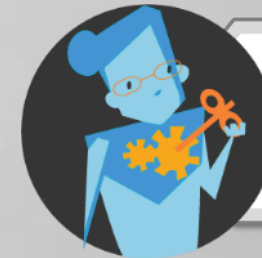
HYPER-VIGILANT



AVOIDER



VICTIM

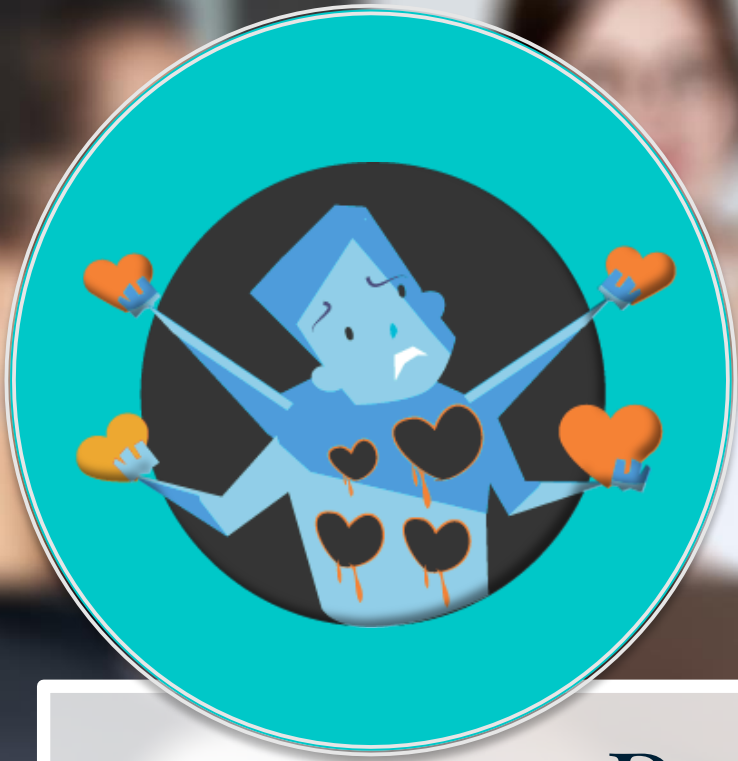


HYPER-RATIONAL



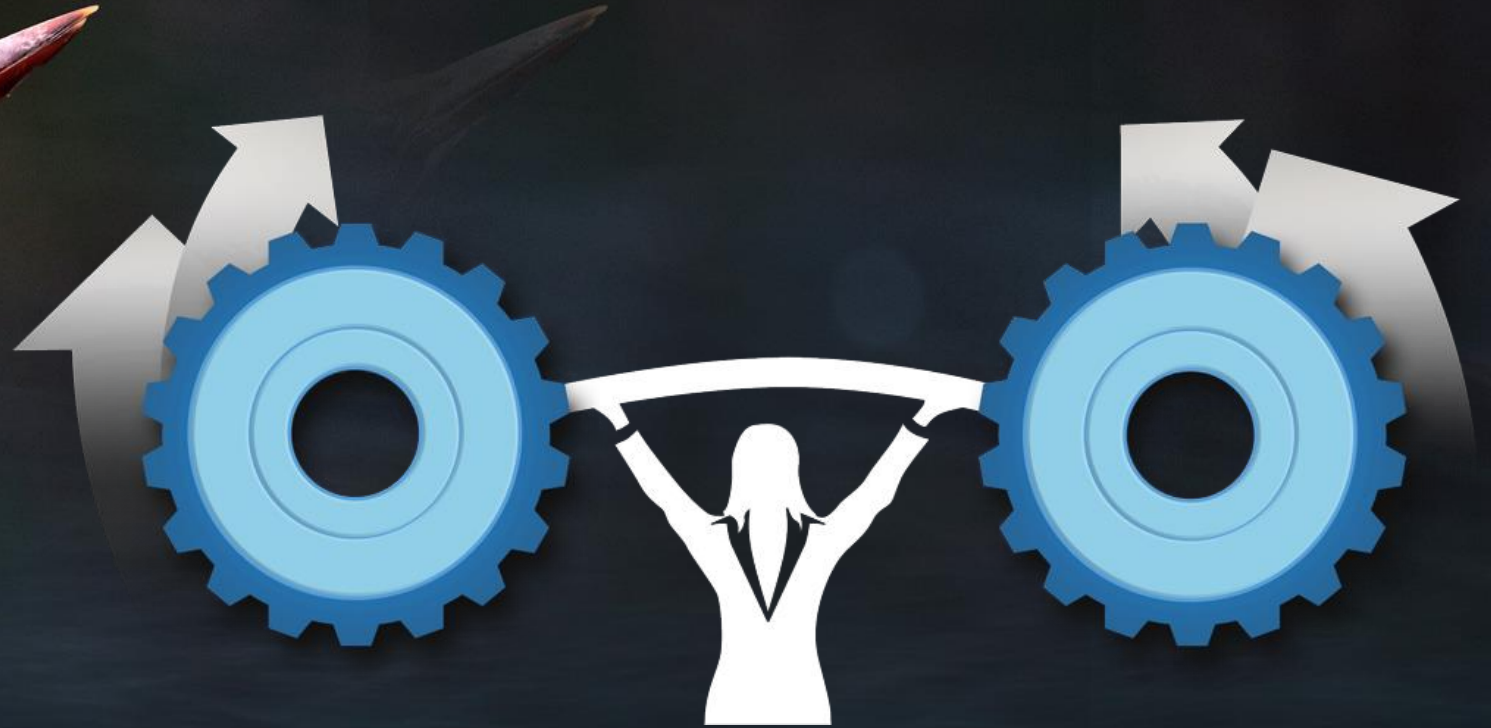
5-MINUTE JOURNALING EXERCISE

1. Which saboteurs are the **strongest** in you?
2. What do your **saboteurs** say to you?
3. When do your top saboteurs **show up** in your life the most?



PEOPLE PLEASER....

10-SECOND PQ REPS



A Great Horned Owl is shown in flight, emerging from a dark, rocky cave. The owl's wings are spread wide, and it is illuminated by a warm, golden light that creates a dramatic, ethereal atmosphere. The owl's feathers are detailed, showing various shades of brown, tan, and white. The cave walls are dark and textured, with some light reflecting off the surfaces. The overall scene is dynamic and powerful.

LET'S DO PQ REPS TOGETHER!



6-WEEK AUTUMN CONFIDENCE BOOTCAMP

NEXT BOOTCAMP:
JAN 2025



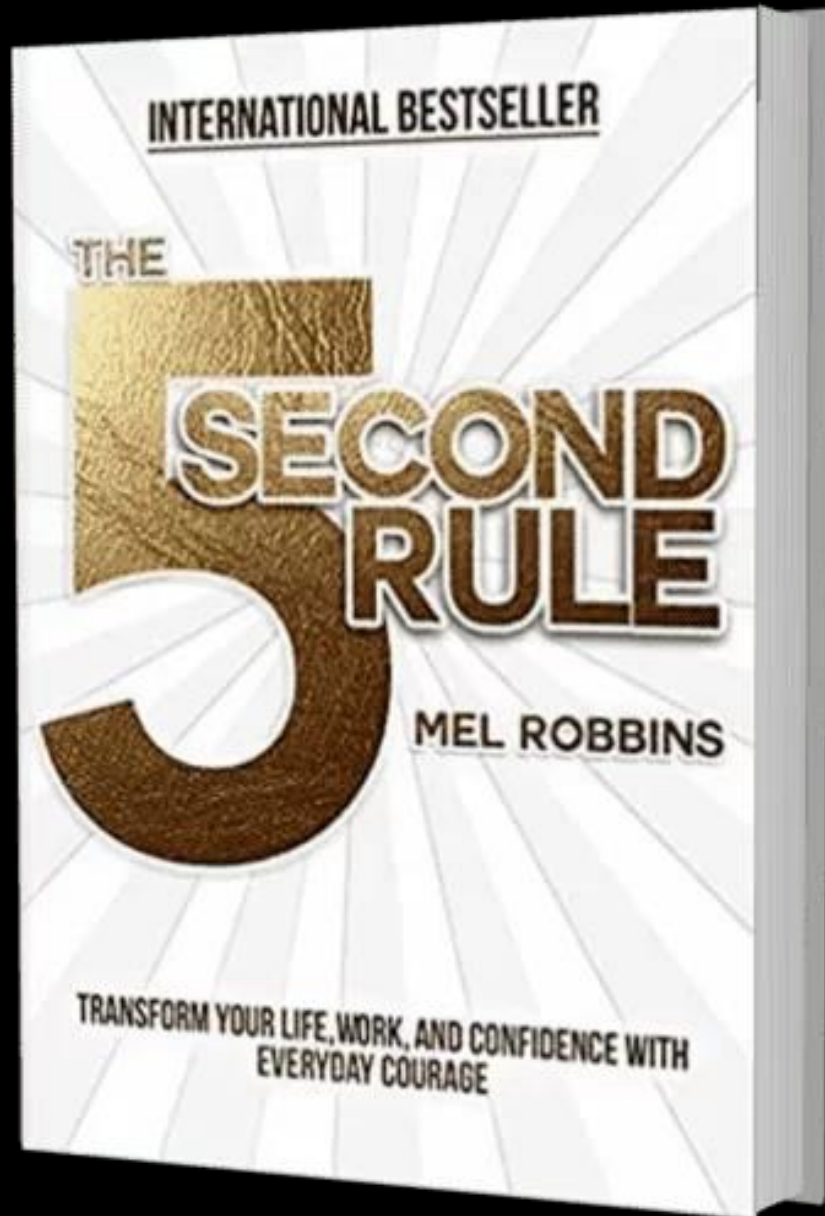
STEP 3
FAIL FAST



WHAT IS
SOMETHING
NEW
YOU HAVE BEEN
TOO SCARED TO
TRY?



THE CONFIDENCE / COMPETENCE LOOP



The 5 Second Rule

The moment you have an instinct to act on a goal you must

5-4-3-2-1

and physically move or your brain will stop you.



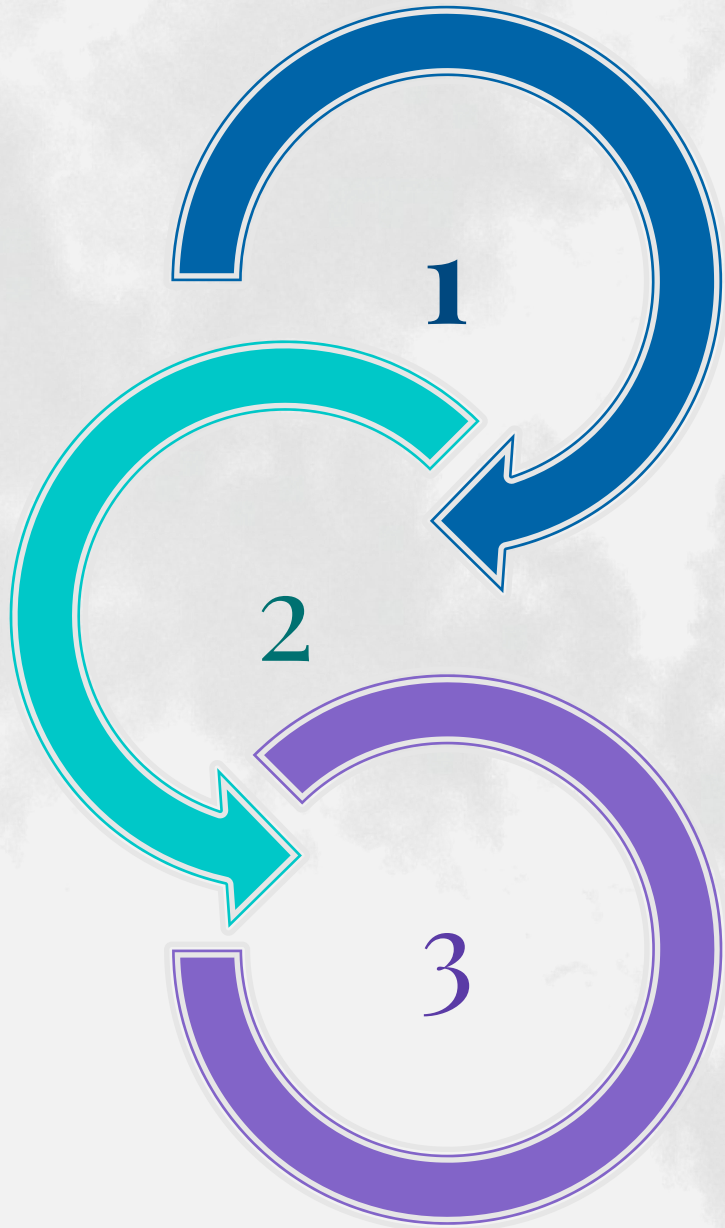
5.. 4.. 3.. 2.. 1





WHAT
BOLD ACTION
WILL YOU TAKE
TODAY
TO BUILD YOUR
CONFIDENCE?

M. D. Davis



3-STEP METHOD

- **DEVELOP**
your Emotional Intelligence
- **REDUCE**
your negative self-talk
- **FAIL FAST**

THANK YOU



**Book a FREE
coaching session!**



WHAT MONSTER HURTS YOUR CONFIDENCE?



TAKE MY QUIZ!



KEY TAKEAWAY/ Q&A

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