

HOW TO BUILD CONFIDENCE IN LATER LIFE

Rebecca Ronane



**SIMPLE
CONFIDENCE
STRATEGIES THAT
WORK**





ABOUT ME





WHAT WE WILL COVER

- What confidence means to you
- Increase Your Confidence by 10%
- Modelling – all related to confidence!
- Changing how you think, feel and act
- Journalling
- Being kind to yourself
- Believing right now





WHAT IS CONFIDENCE?

What does the word ‘Confidence’
mean to you?





confidence take practice

- Everybody has good and bad days
- It continually rises and falls
- Paul McGee - Tom Cruise 5ft 7 to 6ft 1
- Aim for an increase in confidence of 10%
- Small steps





confidence takes practice

- What difference would that 10% make to your life?
- Choose high self-esteem
- Personal setbacks
- Feedback, not failure



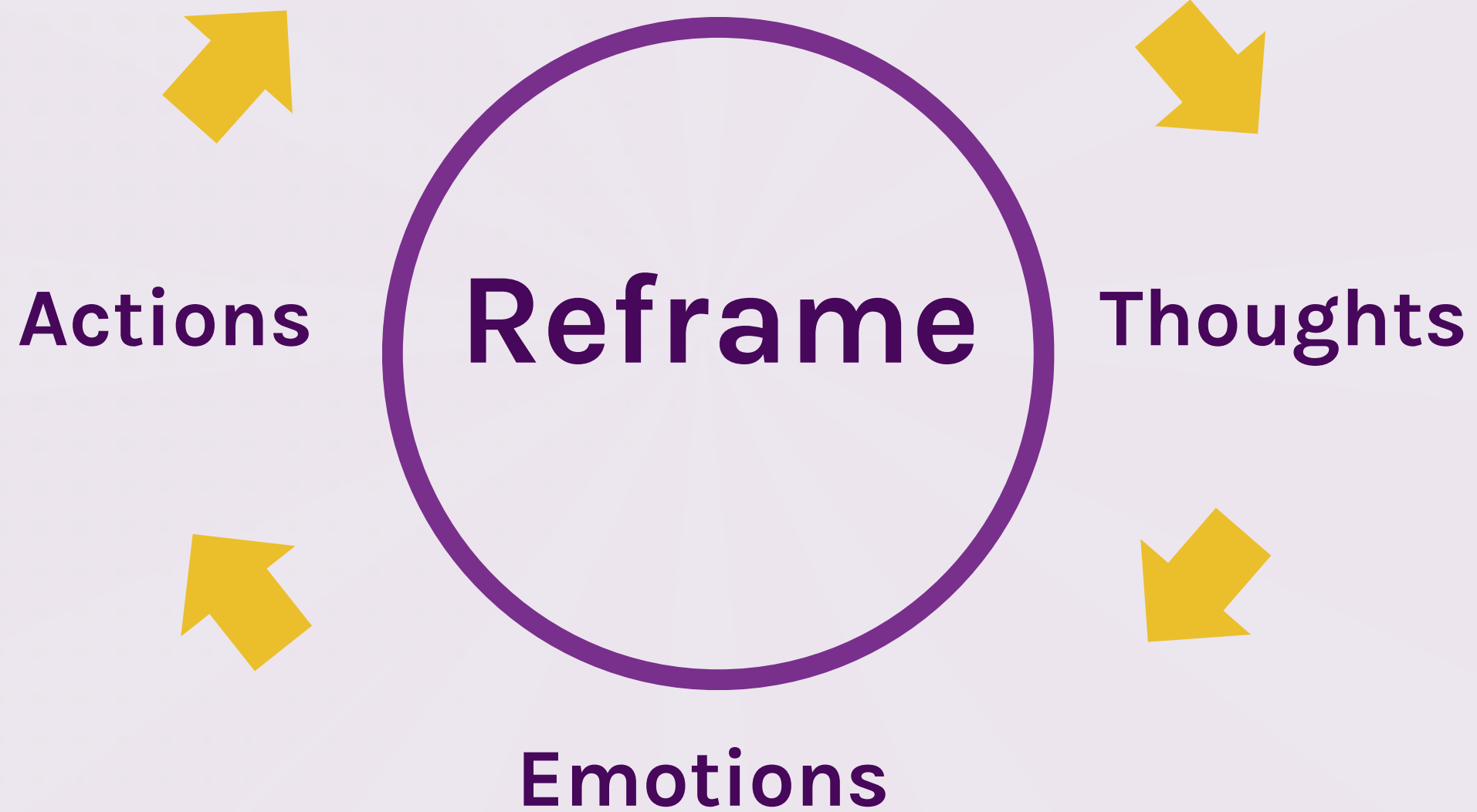
Fake It To Make It

- Who do you know ... ?
- What is it about them?
- What qualities do they possess?
- What do they do?
- What do they say?



S-TEAR Process

Event/Situation



JOURNAL

**Write down three
of your strengths**





BE KIND TO YOURSELF

**You are special, unique and fabulous.
Remind yourself of that!**





BELIEVE RIGHT NOW

What **ONE** thing could you believe right now that would take you closer to where you want to be?



MAGIC



One small step
at a time

Your
comfort
zone



Where
the
magic
happens





WHAT WE'VE COVERED TODAY

- What confidence means to you
- Modelling – all related to confidence!
- Changing how you think, feel and act
- Journalling
- Being kind to yourself
- Believing right now





WORDS OF WISDOM

“Please don’t listen to other people’s stories. Their stories belong to them, not you. Instead, choose to talk to yourself positively. I can; I will, I am.”

Source unknown





FIND ME

<https://www.rebeccaronane.com>

<https://www.facebook.com/forwardafterfifty>

<https://www.instagram.com/rebeccaronane/>

