

Unapologetically Confident

Live and play in the world your way



Hello and welcome to Unapologetically Confident.

Most people have an idea what it feels like to live with confidence. There's nothing like going through life as though nothing is going to stand in your way and feeling like you could tackle anything.

People describe what they want to feel in different ways from; wanting to feel ease and flow, freedom, like they're standing on solid ground or empowered, like they could walk into a meeting and not freeze, or be confident in standing up in front of the room and speaking. They describe a lack of confidence as the feeling of overwhelm, self-doubt, hesitation, imposter syndrome and various other descriptions.

Someone who experiences confidence would be effective in their decisions, choices and actions, and more likely to trust their abilities. When we are BEING confident, we are more likely to trust where we have chosen to work or play in the world and we're confidently going about that vocation without the hesitation that comes with self-doubt.

Confidence gives us the freedom to do things our own way. Yet for so many people, they've learned that being humble, downplaying their accomplishments are more admirable traits. Many people I work with apologise for who they are being. The result – holding back, diminishing or criticising themselves for not having lived up to their own, or society's expectations of them. Feeling a lack of confidence can lead to freezing in our tracks, stopping us from achieving our goals and being fulfilled. The reality is that confidence is a primal quality afforded to all of us – as we'll be learning in this e-book.

I won't be offering you a silver bullet here - the message of quick fixes is unrealistic - techniques to being confident don't change who you really are. What I **can** offer you, are ways to shake up your current way of thinking about yourself, your abilities and your agency to live and play with the freedom to choose, confidently. Once you shake up your current way of thinking about yourself, you will begin to embody confidence – begin to transform your relationship with confidence through self trust.

So whether you're starting out or need a boost to continue on the road or path you want to take, perhaps you'll find something in this e-book for you, to give you a boost, or help you move in the direction you want to head.

Perhaps you could think of this e-book and what's to follow as a way to shake up your thinking or a bit of coaching. Most of all, enjoy the read and all the benefits that follow. And if you do want to follow up with a workshop or some coaching I've got some ways you can do that too. Navigate to the end to find out how.

Jeanette Mundy

Butterfly Effect Leadership | Aspiring girls and women to amplify their impact | Thrive Coach | Ontological Coach | Facilitator | Thrive Coach Credentialing Mentor | Leadership Coach | CEO | Business Owner | Mentor

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Confidence – your birthright



All of us are born with the quality of confidence. It's not something we either have or haven't got. It's a primal quality to all humans. Now that's out of the way... why do so many people feel so much self-doubt, feel like they're an imposter or hesitate to forge forward in their life because they don't trust their ability?

We're socialised to learn the rules, expectations, gender and cultural norms. We learn what's 'right or wrong' and we learn the consequences that come with getting something wrong. We are indoctrinated into social structures such as educational systems, organisations, churches and communities – where all society's rules, regulations, standards and expectations sit. I'm not questioning the validity of these, but merely pointing out their existence as something to consider that may be inadvertently impacting our confidence.

It is within all of these social structures that our personality traits take shape. But... confidence is NOT a part of our personality. Remember it is a quality, not something we either have or have not got. The great news about this, is that it's transformable. So if you're experiencing a lack of confidence now – and I'm assuming you are because you're reading this e-book - or maybe you're just curious – the great news is, confidence can be developed, AND you can choose confidence.

| Most of the time we're not rigorous about the perceptions we hold about ourselves



A client of mine felt nervous each time she went into a meeting, worried what people would think of her and cautious not to come across as 'too much'. She practiced bringing awareness to how she'd been socialised to be humble and this gave her the confidence to forge forward and speak confidently, giving her views and opinions rather than hesitating.



KEY LEARNING

We don't have to continue acting like we did when we were socialised. We can choose confidence over being humble, quiet and shy. We can choose courage to use our voice.

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Trust



Confidence starts with inner trust.

Many people I coach experience a lot of self-doubt. They struggle to trust themselves, and this impacts their self-image. People who have a poor self-image are less likely to be authentic, and more likely to try and be something they're not – they may unknowingly pretend, put on a fake persona as they try to be like something or someone they think will be more acceptable to the standards of society. Being something they think they SHOULD be, not who they actually are.

What should we trust about ourselves?

It's important to know our limitations but as humans we often take this beyond our limitations and we often underplay what we actually do know, do have skills in and are competent in. A confident person knows that they do not know everything, in fact they know it's impossible to know everything. Therefore they are clear about their limitations, and they are also clear about what they DO know and DO have skills in. What don't currently know they seek to discover if it matters to them. Their confidence is not made up, they're not faking it. They are living with a healthy relationship with confidence because they are sure about who they are.

| We put confident people on a pedestal when all they are is confident



Some of my coachees are beginner coaches who have a real desire to become proficient. The ones who become proficient are the ones who dedicate themselves to practicing, seeking out avenues to become competent. They are the most successful.



KEY LEARNING

Trust your current knowledge and skills to forge forward, and seek to discover the things that you don't know if matter to you to learn. Then when you know you're competent practice some more and your confidence will come

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Authenticity



Being true to yourself and being your TRUE self are sometimes confused notions. We hear this all the time... just be true to yourself. But who ARE you? Do you work hard at putting up a facade because you're worried your TRUE self is not enough? Do you hold back in forging forward and doing what you're truly called to do because the notion of 'putting yourself out there' or showing a more public side of you is too scary?

Being your authentic self is only one side of authenticity – and it's important so let's come back to that. The other side is being authentic about your skills, talents, knowledge and abilities and what you do know about the world. Our vocation, where we choose to play in the world must match our uniqueness, and to be authentic is to honour who we are as a unique human being.

Denying yourself that right to where you want to play is to remain inauthentic to what you are called to do and who you are called to be. If you are unreasonably doubting yourself when you know deep down you have got what it takes, then this is being inauthentic. Perhaps you have an unreasonable fear because you're worried about your reputation if you failed. Perhaps you're feeling like an imposter. These fears are usually not grounded in reality, and when something's not grounded in reality it's time to get real.

| Putting on an armour doesn't hide our lack of confidence. People can see through the mask



A coachee decided to start a social impact movement. In the beginning she forged forward, then at the point where she felt out of her depth she became unreasonably hesitant. We worked on her becoming very clear about her knowledge, skills and limitations. Once she was clear she could choose to learn or outsource! This gave her the confidence AND freedom to forge forward. The freedom helped her peel off her armour and be herself.



KEY LEARNING

Be authentic about what you know, what you don't know, and seek to discover things you don't know only if they matter to you. Then when you know you're competent practice some more and your confidence will come. Or outsource what you don't know to someone who does. Then be yourself - you already know who that is!

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Courage



A child without any swimming ability will often be very reckless and try and jump into a deep swimming pool. Their parent having to pull them away from the side to keep them safe. This reckless behaviour is not courage because in that moment they are unaware of the dangers the water could expose them to, such as depth. This is being overly confident and it's unhealthy. We call this having a bravado.

On the other hand it's equally as unhealthy to be so nervous, scared or terrified of the water. We call this unreasonably hesitant. A child who is unreasonably hesitant is usually one who hasn't been exposed to water or if they have, they've been exposed to it in an unhealthy way. This child needs a parent and a teacher who is willing to gradually introduce them to the water in a healthy way to build up their confidence, then their skills and abilities. Both the parent and child need courage to do this and support the child in becoming confident, and competent. They gradually learn their skills as well as their limitations. This is courage. There is no recklessness, but there is a willingness to be with their fears and do it anyway. There is no courage without fear. We need courage to be confident, or to develop our inner confidence.

| *Courage helps us move forward knowing we cannot predict the outcome*



A client developed their inner courage and rather than remaining stuck in her current slog; exorbitant university fees, a loveless job and a side hustle that was a failure, she developed the courage to discover and ADMIT where she wanted to play in the world. Now she is in her dream career and has courageous conversations with her husband about money and life decisions. She went from slumping over in her body to holding herself in an upright confident posture and forged forward with courage. To do this she chose courage.



KEY LEARNING

Knowing where we want to play in the world and then doing that can be seen as courageous. If we care about something so much that we're willing to go out of our way to make sure that it happens is courage. Decide: Where do you want to play in the world? Can you be unapologetic about it, to the point that you are willing to put your fears aside and take the courageous actions to see it through?

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Dealing with uncertainties



Are you allowing uncertainties get in the way of you moving forward?

There will always be uncertainties no matter what. The reality is we don't have all the answers to the questions we're asking ourselves. It's important to pause and look at (and be authentic about) what's at the basis of our hesitations and what they're costing us.

The uncertainties of a person who lacks confidence stem from doubting themselves or their abilities. There is always a cost to this. Putting up a wall that protects us from harm, and instead of forging forward we might convince ourselves the direction or action we were considering is not the one to take or not the right path for us.

Uncertainties are a part of life and a big part of progression. Learning to BE with them, and accepting that they are always a part of our growth, development and progression gives us the propensity to move ahead in spite of them.

| Life itself is uncertain – acknowledge AND accept that and we're halfway there



A client constantly tried to predict the future. She had early life trauma around being bullied and therefore she was always on the look out for dangers, for people who would diminish her. This was impacting her career. We looked at who she was still giving power to, and by continuing to give these people from the past power, she was undermining her own abilities preventing her from moving ahead in her career. By giving herself back the power she had a lot more freedom in her career choices, and all the conversations she chose to have around that.



KEY LEARNING

There will always be uncertainties – life is full of them. We do not know what people are thinking about us. We often inaccurately predict things that are not true. This is inauthentic. Make it your business to get really clear about what you're hesitating around. Once you're clear, this empowers you and gives you more freedom around your choices. Uncertainty is a fact of life. Learn to embrace it.

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Agency



We already have agency – we're born with the agency to live and play in the world wherever and how we choose. To begin accessing our agency to live and play in the world however we choose, is in backing our decisions and trusting our abilities and competencies.

Committing to our agency means not just believing in our ability but then choosing to have the freedom around all of our choices and decisions. Knowing that we can rely on ourselves to make the best possible choice in any given circumstance. The first and most important person we can trust is ourselves rather than being overly confident (bravado) or unreasonably hesitant.

Then we can leverage the power of our relatively high level of autonomy and freedom, so we can go out into the world and choose what we stand for and where we want to play. Don't downplay your ability, or your ability to choose.

Agency over your choices means getting to know your 'why'... why do you care so much about the thing you want to do? There is a story behind it.

| Know yourself intimately and you will take the first step toward your own agency to choose



A client was struggling with deciding who her client avatar was. She was confused and this was making her hesitate. Having the confidence to choose meant she needed to get to know her own story... intimately. Why she cared so much. Once she became very clear about why she cared about what she cared about, she started to forge forward always with the knowledge that she was the right person for this... given her level of care!



KEY LEARNING

Leverage the power of your autonomy by getting to know your own story... intimately. There is a reason you're caring so much about where you want to play in the world. Agency is there for you, you just have to choose to listen to what matters so much to you that you wouldn't let anything stand in your way. There is a lot of freedom in acknowledging who we are uniquely.

NEXT STEPS

If you got value out of this I'm running a FREE online workshop on how you can become ASSERTIVE to – use your voice, speak your mind, know and express what you really want

Register here



- Develop your confidence
- Develop your assertiveness
- Amplify your impact
- Develop effectiveness
- Overcome hesitations
- Develop yourself as a coach
- Develop yourself as a leader
- Build strong relationships
- Do what you love
- Leave your legacy

Lead from within and amplify your impact

- Assertiveness workshops
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- Thrive Coach – Engenesis Coaching Academy
- Thrive Coach Trainer and Credentialing Mentor – Engenesis
- Being Profile Practitioner
- Being Mastery – Engenesis
- Elevate – Engenesis
- Member of ICF
- Conversational Technology Program – Newfield Institute
- Mobilize – Mobilize Network
- Diploma of Training and Assessment
- Diploma of Training Design and Development
- Diploma of Quality Auditing
- Teacher of Swimming and Water Safety
- Teacher of Infant Aquatics

TESTIMONIALS



Jeanette's warmth and easygoing nature made working with her a pleasure. I truly felt seen and understood by her. Her deep penetrating questions helped me to look more closely at patterns of thinking I've had a long time. I learned that words have power and the way I talk to myself creates my experience. I learned to identify my moods and their meaning. Learning I can shift them had been very empowering. I'm learning how to listen to the information my body is giving me all day long. This alone has been key in helping me make crucial decisions about the way I am living. Anyone who is on a personal growth journey and wants a deeper understanding of themselves and others would do well to invest time in coaching with Jeanette. This is life-changing work.

- Junene Hrycko



I've had only two sessions with Jeanette and both have been quite transformational. I've been working with and on my emotional well-being quiet extensively in the past 20 years. I come from an abusive family and there has been a lot of baggage that I needed and wanted so badly to let go. I have done a lot of work but there was still some primal emotions I new existed trapped in my body and my subconscious but I couldn't find the way in to see and feel them so I could let them go. Jeanette did just that. She listened to what I was saying and guided me right into the emotions that I've suppressed for so long and have hold in my body to the point of hurting my own health. After I went through the process of gently releasing them it felt like I gained back a part of myself that I've lost so long ago. Before the first session I felt like I can't be myself and that I wont be accepted but just after it felt like everything changed. I felt this inner power and my birth right to be unapologetically myself.

- Petra Tezak, Love your Essence



Where do I start? Working with Jeanette over the past few months has been incredible. I felt like I wasn't quite sure of my path, where I was going or fitted in. I didn't have the confidence or clarity in my business, I just know I didn't want to be a mum and nothing else (although mums are obviously awesome!). Jeanette's guidance and teachings have give me such confidence in myself and my path, knowing my values and how I communicate assertively for myself too. It's life-changing, and that's not an exaggeration. If you have the chance to work with Jeanette in coaching or a group program, jump in with both feet!

- Stephanie Pinto, EQ Culture