

Build Confidence to lead *YOUR* way

Overcome fear of failure,
overwhelm & self-doubt

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You're in the right place if...

- You are a leader who has dips in confidence
- You feel like you are taking on all of your teams problems
- You are working longer and longer hours and have no time for your own development
- You want to lead a high performing team or project



You're in the wrong place if...

- Aren't open to doing some challenging thinking
- Think that you don't need to change how you lead others
- You don't want to try something new



What you will learn today

- A powerful tool to help you focus your time on doing what is going to have the most impact
- A strategy to overcome your limiting beliefs
- Have some practical steps to take to help you build your inner confidence

Check in

**How confident are you
feeling today?**

My story



How these insights
helped me
overcome
self-doubt and lead
authentically





We miss
you
♡

FLIPCHART MARKER

Ceri

Internal promotion

“80% of leaders are in over our heads.”

Professor Robert Kegan

I started working harder and harder...

- I was consumed by anxiety and stress
 - I let my inbox, meetings and other people's agendas dictate how I spent my time
 - I was afraid of what my team thought of me so I took on all of their challenges
 - I didn't even have the space to step back and notice when I was actually doing a good job
 - I was trying to lead like I'd seen others lead which was tiring and ineffective
-

Then I realised there was another way

- To be present and focus on my wellbeing
 - To focus on a priority goal and take action around that goal
 - To empower my team by enabling them to find solutions
 - To take time to reflect on my successes and encourage my team to do the same
 - To find my strengths and values and to lead from a place of authenticity
-



Now I coach
—
& train **leaders**



"I am a more confident leader."

"Before the course I was still new into a leadership role and definitely struggling with impostor syndrome.

I was struggling to find space to think about my own leadership growth and lacked confidence. The Leadership Reset programme taught me some really practical tools and exercises that I have put into practice and which are positively impacting not just my work, but my development as a person too. I am a more confident leader and the tools have helped me navigate the sudden crisis we found ourselves in."

Rosie Oldham Head of Fundraising, London Wildlife Trust

—
Get out of your own way

Take action - baby steps

**It takes time to unlearn -
be kind to yourself**



Why do we struggle with confidence?

- Self-doubt
- Fear of failure
- Overwhelm

What are the consequences of holding onto a lack of confidence?

Over work to get things just right

Avoid risks

Don't act with certainty

Stop thinking big

Procrastinate

What are the consequences of holding onto a lack of confidence?

Over work to get things just right - self-doubt

Avoid risks - fear of failure

Don't act with certainty - overwhelm

Stop thinking big - self-doubt

Procrastinate - fear failure

What is the consequence of you holding onto your lack of confidence?

What do you want to get from this masterclass today?



Let's Break that cycle of self-doubt, fear of failure and overwhelm

→ Reflection

→ Belief

→ 4 practical steps

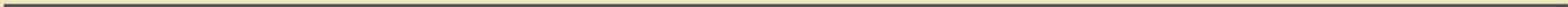
Reflection



It is the process by which you consciously consider your beliefs and analyse your actions in order to help you learn and move forward.



**SIMPLY PUT,
TAKING A STEP BACK TO MOVE
FORWARD**



Why is reflection so important ?

“Those who reflected performed 23% better after 10 days than those who did not take time to reflect.”

From Giada Di Stefano, Francesca Gino, Gary Pisano, and Bradley Staats research in call centres



Why is reflection so hard?

We aren't rewarded for reflection

We like action, and reflection doesn't seem like action

It forces us to slow down and think internally

It involves analysing your weaknesses



Reflection helps us to

Be present

Set clear goals and purpose

Understand ourselves and others

Find your values and strengths

Reflect on success and failure

How to reflect?

Buy a notebook

At the end of each day stop 15 mins

First time? – write down everything on your mind, notice your emotions

- What have I learnt?
- What went well?
- What could have been even better if?

Set yourself 2 goals for the next day

Reflect now for 2 mins

What have you **learnt** this week?

What went well?

What could have gone even better if?

Fact or Fiction

What stories do you tell yourself?

**When you focus on your fears
they hold you back.**

—

What **beliefs** are you
holding that are
stopping you from **being**
confident?

**Identify a negative
emotion you have felt in
the past week.**

—

**What were you focusing
on that preceded the
emotion?**

—

**What is the
consequence of holding
onto the thought or
belief?**

Check - fact or fiction



Reflect

Use this as an exercise to help you identify fact and fiction



Act

Notice your emotions and beliefs on a daily basis

**Practical actions to build your
confidence and help you
understand yourself better**

Prioritise
—
your
wellbeing





MY WEEK

- *On top of emails*
- *Answered teams questions*
- *Attended a lot of meetings*
- *Ticked everything off my to do list*

Empower your team

Ask them “What do you think?”

Show them you are learning

“I don’t know that yet.”

Find your **strengths**

Spend most of your time
working to your **super**
strengths and find others to
fill the gaps



Recap

- The cycle of self-doubt, fear of failure and overwhelm
- Reflection
- Fact or fiction - we can overcome our limiting beliefs
- 4 practical steps to build your confidence

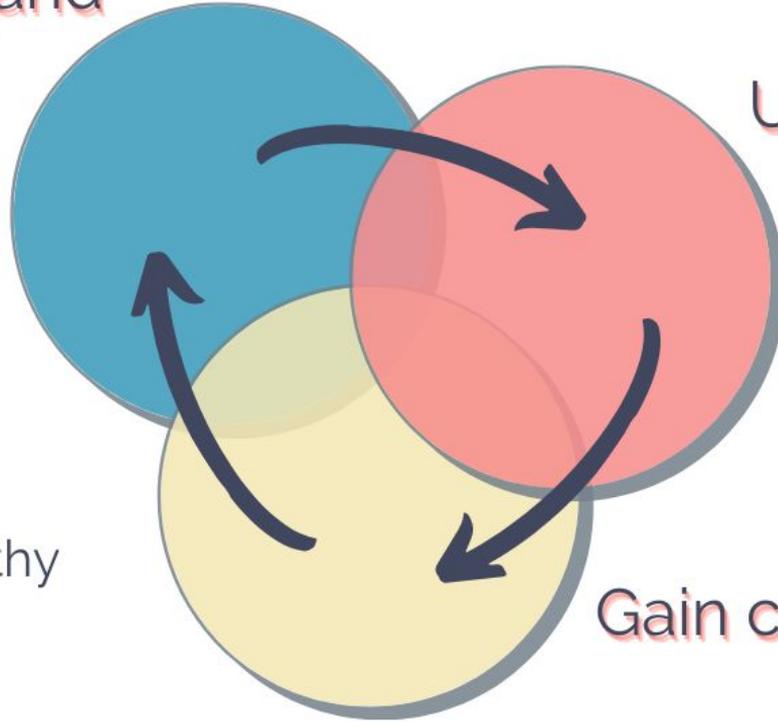
Breaking the cycle is the **solution**

I hope that these tools and steps will help you build your confidence - by focusing on your mindset, beliefs and taking action you have the tools to break the cycle of self-doubt, fear of failure and overwhelm.

I'd like to share a framework that I use in my 1-2-1 Coaching and my **Leadership Reset Programme** that underlies this thinking and enables you to lead YOUR way

Understand
self

Understand
others



Gain clarity

You have self-confidence, empathy & clarity.

Your team are motivated, empowered & achieving results.

Do you want to explore this further?

Leadership Reset is a step by step 3 month training and coaching programme for ambitious leaders

Reset your leadership beliefs and habits

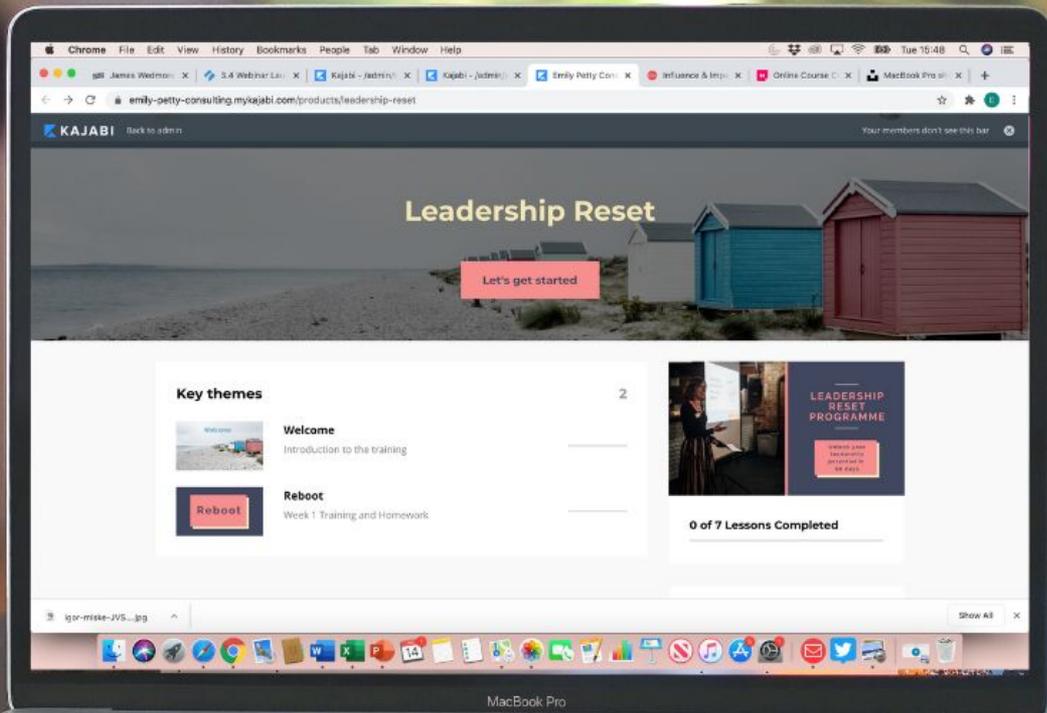
Gain tools to re-energise as a leader and re-energise your team

Boost your confidence, empower your team and work less

Leadership Reset includes

- Four online training modules
- Six group coaching sessions
- Six Q&A's and check ins
- Private facebook group - weekly challenges
- Bonus content and workbooks
- I will walk alongside you for three months

**Each day you will make progress and see
change**



Leadership Reset

Let's get started

Key themes

2



Welcome

Introduction to the training



Reboot

Week 1 Training and Homework



LEADERSHIP RESET PROGRAMME

START YOUR
JOURNEY
NOW

0 of 7 Lessons Completed

The new confident **you**

More time to think creatively

Take risks and act with certainty

Lead a high performing team - hitting targets

You and your team able to adapt and manage through change and uncertainty

REENERGISE



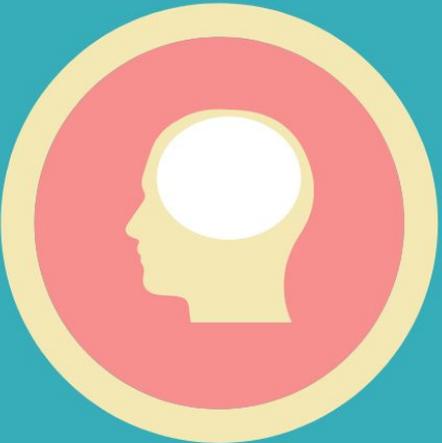
GROW



RECONNECT



REBOOT





Reboot

You will learn about yourself, how to rest, reflect and how you work at your best. This will help you take back control of your leadership and lead your way.



Reconnect

Learn how to find your support network. Build meaningful connections at work and the impact that has on your teams motivation, productivity and success.



Grow

You will move from a fixed to a growth mindset. Seeing learning as your goal and have tools to help your team shift to a growth mindset too.



Re-energise

Gain tools to help you re-energise your team, get unstuck, innovate and move your team forward.

I can promise they will be tools you come back to again and again!

The new confident **you**

More time to think creatively

Take risks and act with certainty

Lead a high performing team - hitting targets

You and your team able to adapt and manage through change and uncertainty

How **much** does it cost?

If you join **Leadership Reset** - I'll support you on your leadership journey for 3 months.

Access to online content for 12 months

You will be part of a supportive leadership community all for **£254 3 payments** or **save £100 and pay in full £662**

BONUS #1

C-Me Colour Profile
worth **£99**



BONUS #2

1-2-1 60 minute
coaching call worth
£180!

1-2-1

Coaching

BONUS #3

Access to the
DIY Team Builder
Toolkit worth **£149!**



BONUS #4

Access to the
Managing Difficult
People Masterclass
worth **£149!**

A close-up photograph of a person's hands writing in a spiral notebook. The person is wearing a light grey sweater. The notebook has several bright pink sticky notes attached to it. The background is dark and out of focus, showing what appears to be a brown textured bag or jacket.

Managing
Difficult
People
Masterclass

My personal guarantee

This matters to me

If you don't see a difference to
you as a leader

30 day Guarantee - full refund

All you need to do is take action
each day





"I left the programme feeling much more confident in myself & my leadership skills."

"I have resolved two challenges I was facing at that time and now have a clear list of priorities for the next 6-9 months, to put more of what I learned from the programme into practice."

Aimee, Client Services Manager

"I now feel empowered and confident in my strengths and abilities."



"When I returned from maternity leave I really lacked confidence and felt like I had forgotten how to be a leader. The Leadership Reset Programme was different to any other training I had been on. I felt like I had time to actually action some of the ideas Emily gave us; and the peer support during the course was invaluable. I am a better leader because of the training and also much more equipped to deal with challenges. Thank you Emily!"

Sarah Chambers, Regional Fundraising Manager



Reboot



Reconnect



Grow



Re-energise

LEADERSHIP RESET

Stepping up and leading with
confidence and **clarity**

A 3 month training and coaching programme for leaders who are stepping up and want to overcome self-doubt and succeed at work.

BONUS #1 A Personal C-Me Colour Profile
worth £99

BONUS #2 A 60 minute 1-2-1 coaching call
worth £180

BONUS #3 Access to the DIY Team Builder
Toolkit training worth £149

BONUS #4 Access to the Managing Difficult
People Masterclass worth £149

NEXT STEPS

Reflect - understand how your beliefs are holding you back - **take action**

Join me on a 3 month leadership reset journey

We start on Monday 15 March register by Friday 12 March

www.emilypettytraining.com/leadership-reset