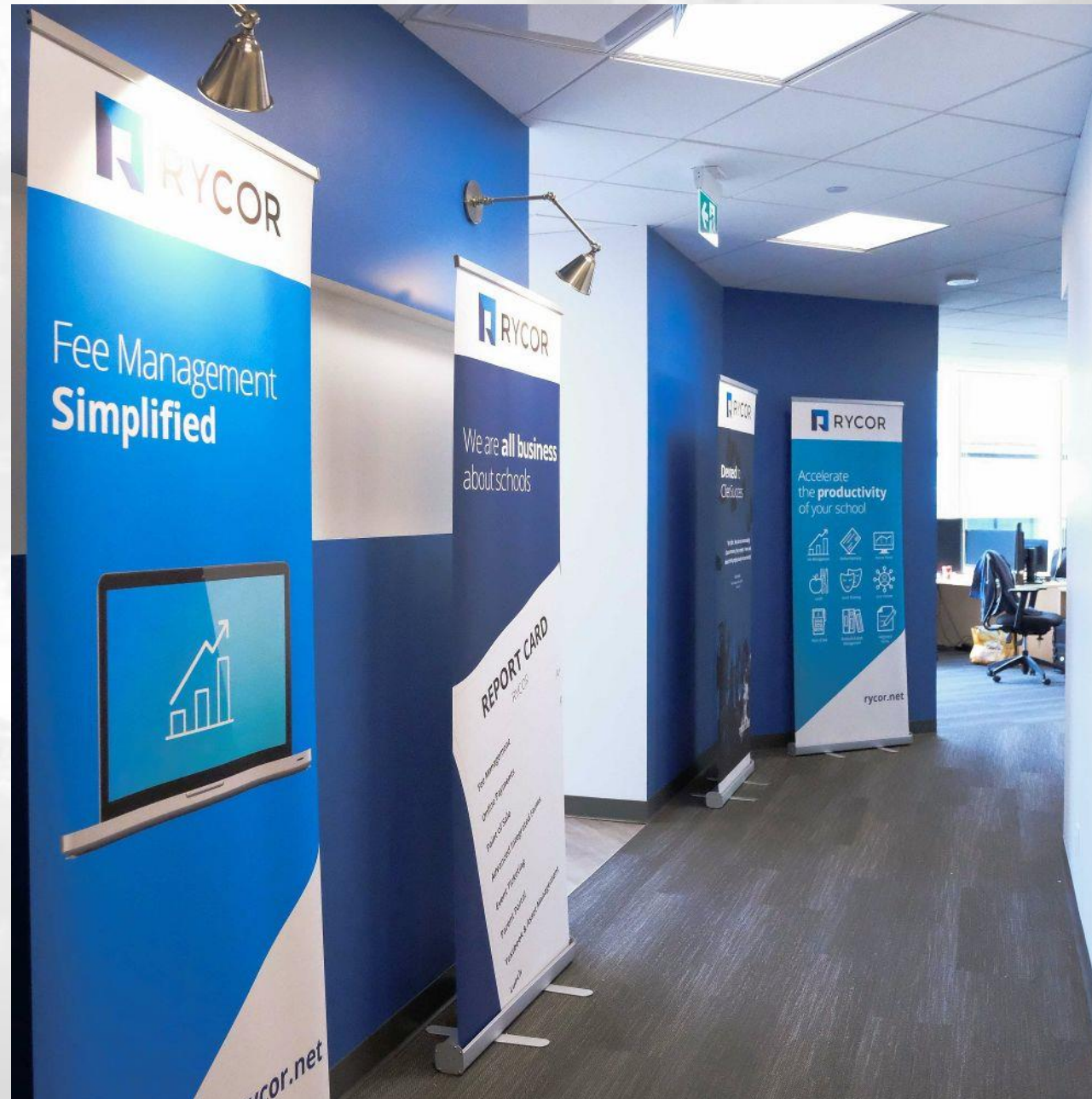




ELEVATE YOUR CONFIDENCE: 3 SCIENCE-BASED STRATEGIES









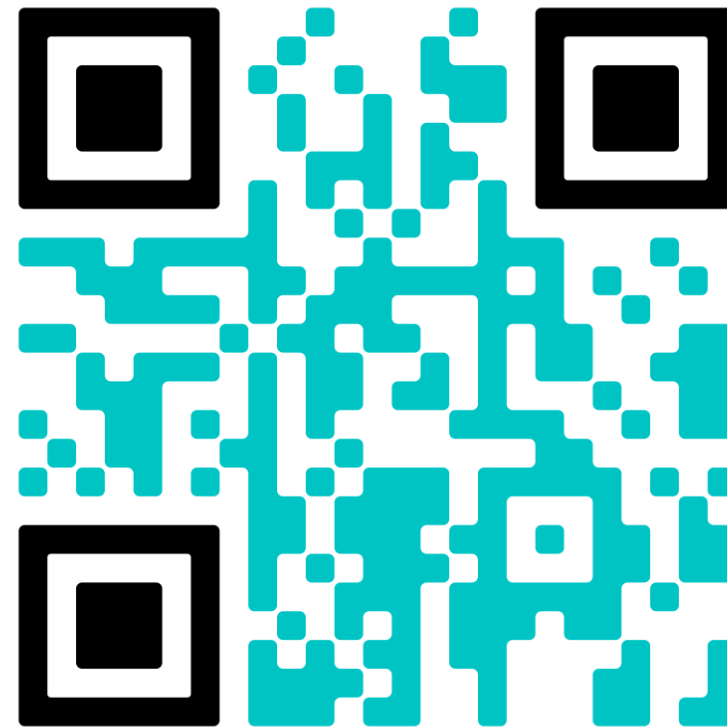




With David



TAKE YOUR SABOTEUR
ASSESSMENT [BIT.LY/PQ85](https://bit.ly/PQ85)





CO-FOUNDER/COO OF RYCOR
2010 TO 2020













CONFIDENCE COACHING

for women in tech



What would be possible
in your life with more
CONFIDENCE?





1

DEVELOP YOUR EQ

2

REDUCE NEGATIVE SELF-TALK

3

FAIL FAST





HOW WOULD
YOU
DEFINE
CONFIDENCE?



ANNA GRADIE
CONFIDENCE COACH

CONFIDENCE IS...

THE BELIEF IN YOUR SUCCESS
THAT STIMULATES ACTION

IT IS YOUR WILLINGNESS TO TRY

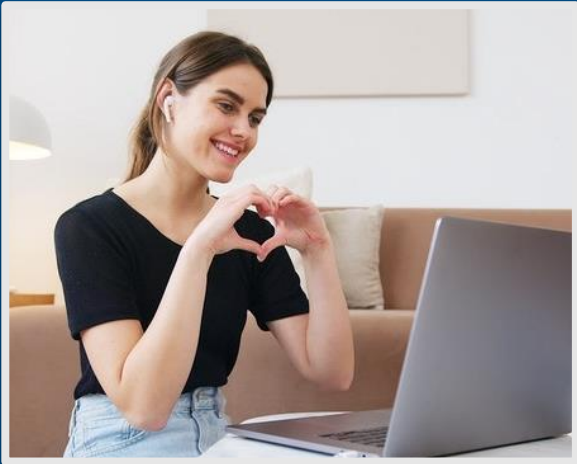


STEP 1

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





Your high need for a sense of purpose and personal achievement is likely evident in your actions and leadership approach. Your result on this subscale is not only above average but it also falls within the leadership bar.

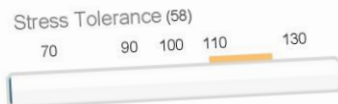


You are generally aware of your emotional triggers and reactions most of the time. Gaining awareness of subtle differences in emotions can further help you handle emotionally charged situations. Your result for this subscale falls within the leadership bar.



You often know when, where, and the intensity at which to express your feelings. Times when you hold back may take away from your ability to inspire your team. Your result for this subscale falls within the leadership bar.

Note: You have other subscales that have tied for the highest three scores.



You may struggle to remain composed when leading in difficult situations. Watch that you do not become overly emotional or too withdrawn. Your team needs you to actively address the demands of the situation. Your result on this subscale falls below the leadership bar.



You are likely more reliant than you should be on your team's reassurance and approval of your decisions. Improvement in this area will benefit you when objective and difficult decisions need to be made. Your result on this subscale falls below the leadership bar.



Your tendency to doubt your abilities or second guess your decisions may hold you back from confidently leading a team. If you doubt your leadership, others will too. Your result on this subscale falls below the leadership bar.

MY TOP 3 SCORES BOTTOM 3 SCORES

- Snapshot in time
- Changes and develops



HOW DO
EQ SCORES
WORK?

McDermott

COMMUNICATION



ASSERTIVENESS VS
EMPATHY

A woman with long dark hair and glasses, wearing a white t-shirt and jeans, stands in a meeting room pointing at a whiteboard. The whiteboard is covered with numerous colorful sticky notes (pink, yellow, orange) arranged in a structured manner. Several people are seated around a table in the foreground, looking towards the whiteboard. The room has large windows on the left, letting in bright light. The overall atmosphere is professional and collaborative.

PRACTICE ASSERTIVENESS



HAS YOUR
EMPATHY EVER
DERAILED
A TOUGH
CONVERSATION?

SELF-REGARD



FOCUS ON YOUR STRENGTHS



LEARN NEW SKILLS

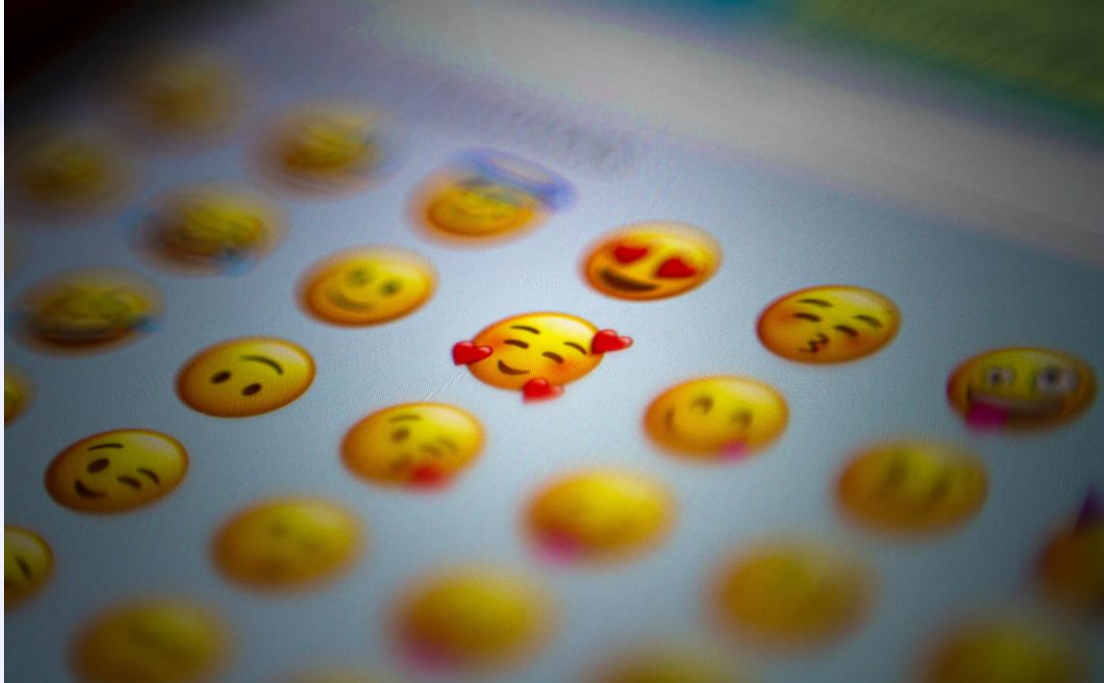


5-MINUTE JOURNALING EXERCISE

WHAT ARE YOUR
TOP THREE
STRENGTHS?



EMOTIONAL SELF-AWARENESS



YOUR
EMOTIONS

YOUR TRIGGERS





WHAT ARE
YOUR
TRIGGERS?

MOOD METER

Build Emotional Intelligence to Last a Lifetime



A gift of self awareness for yourself, and for others. Based on decades of research from Yale. Tell your Mood Meter mobile app how you feel and build emotional intelligence that lasts a lifetime.

Expand your emotional vocabulary
Discover the nuances in your feelings.

Gain insights about your inner life
Learn what's causing your feelings over time.

Regulate your feelings
Use strategies to regulate your feelings: enhance how you manage your life.

Remember to check in with yourself
Use reminders to check-in on your feelings throughout the day.

View your report
Learn how your feelings are affecting your decisions, relationships, and performance.



Over time, you'll develop emotional intelligence skills that can help you in all areas of life.

DOWNLOAD EQ APP



STEP 2

REDUCE your negative self-talk



THE JUDGE

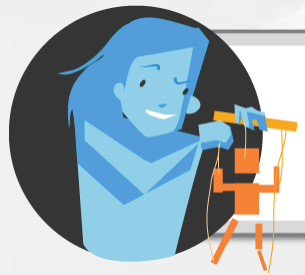


HOW CAN YOU
PERSONIFY
YOUR JUDGE?



WHAT IS POSITIVE
INTELLIGENCE?

ACCOMPLICE SABOTEURS



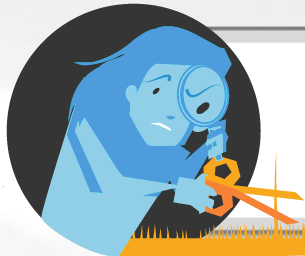
CONTROLLER



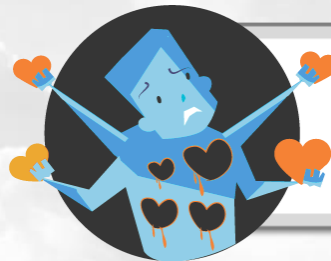
RESTLESS



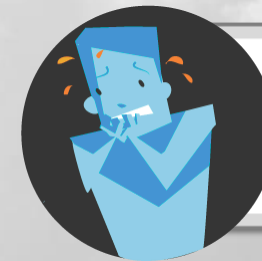
HYPER-ACHIEVER



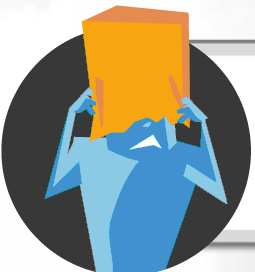
STICKLER



PLEASER



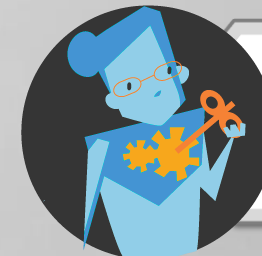
HYPER-VIGILANT



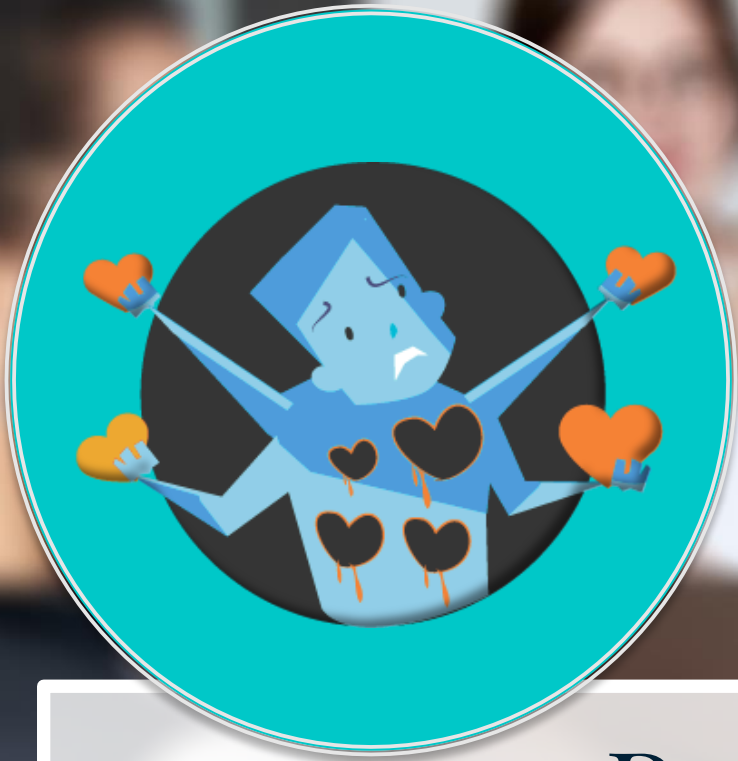
AVOIDER



VICTIM



HYPER-RATIONAL



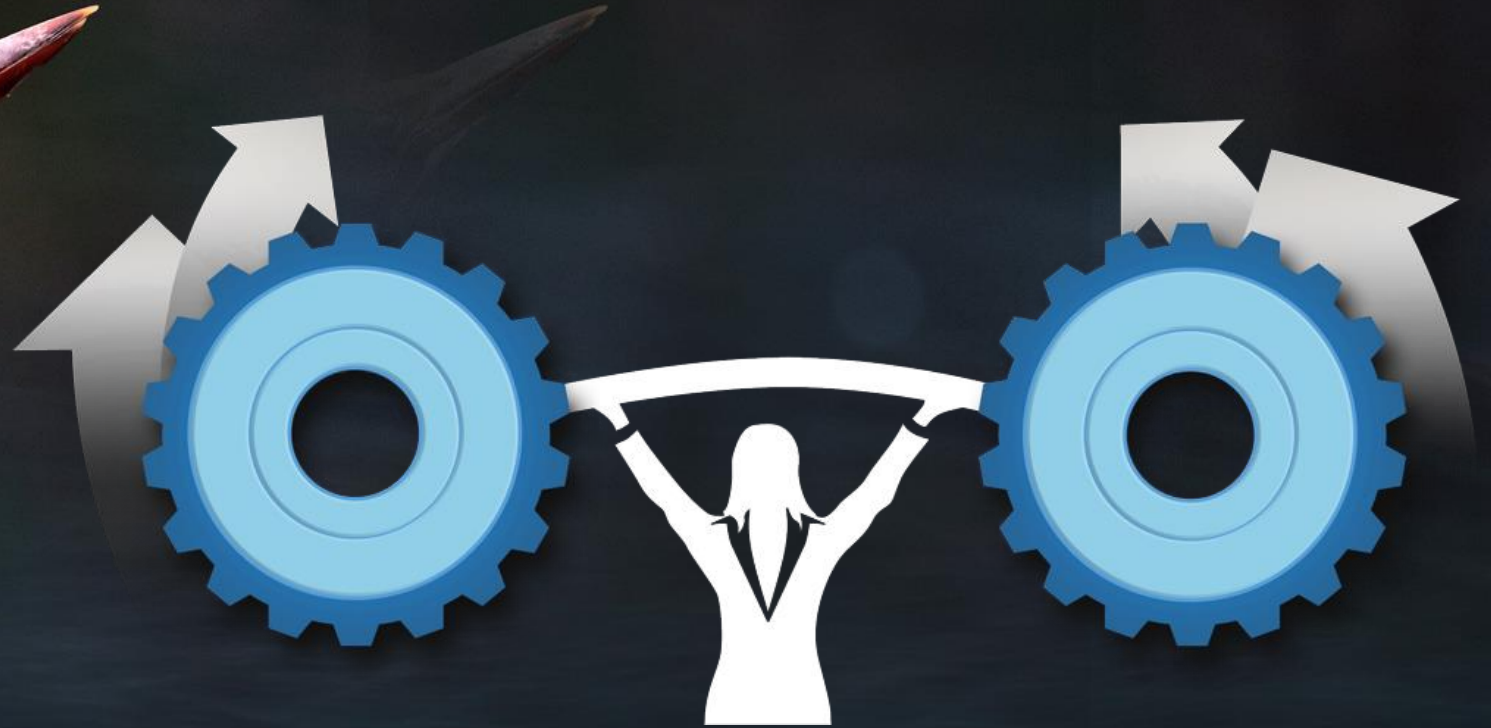
PEOPLE PLEASER....



ARE YOUR
SABOTEURS GOOD
FOR YOU?



10-SECOND PQ REPS



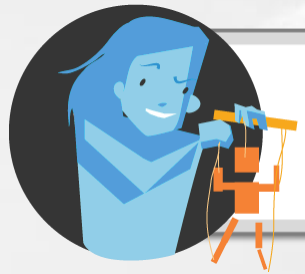
A Great Horned Owl is shown in flight, its wings spread wide. The owl is positioned in the center of the frame, facing forward. It is illuminated by a warm, golden light that creates a bright, circular glow around it, contrasting sharply with the dark, textured background. The owl's feathers are detailed, showing patterns of brown, white, and black. Its eyes are large and focused, and its talons are visible. The overall composition is dramatic and emphasizes the owl's power and presence.

LET'S DO PQ REPS TOGETHER!



YOUR
SABOTEUR
ASSESSMENT
RESULTS

ACCOMPLICE SABOTEURS



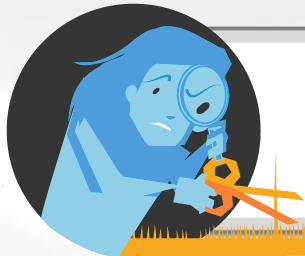
CONTROLLER



RESTLESS



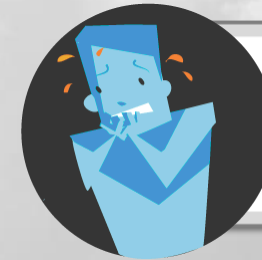
HYPER-ACHIEVER



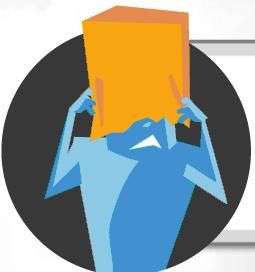
STICKLER



PLEASER



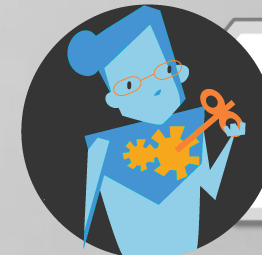
HYPER-VIGILANT



AVOIDER



VICTIM



HYPER-RATIONAL

5-MINUTE JOURNALING EXERCISE

1. **Do your results feel right for you?**
2. **What do your saboteurs say to you?**
3. **When do your top saboteurs show up in your life the most?**
4. **How do your saboteurs hold you back and hurt your confidence?**



STEP 3

FAIL FAST



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



THE CONFIDENCE / COMPETENCE LOOP

FILE

5 SECOND RULE

MEL ROBBINS

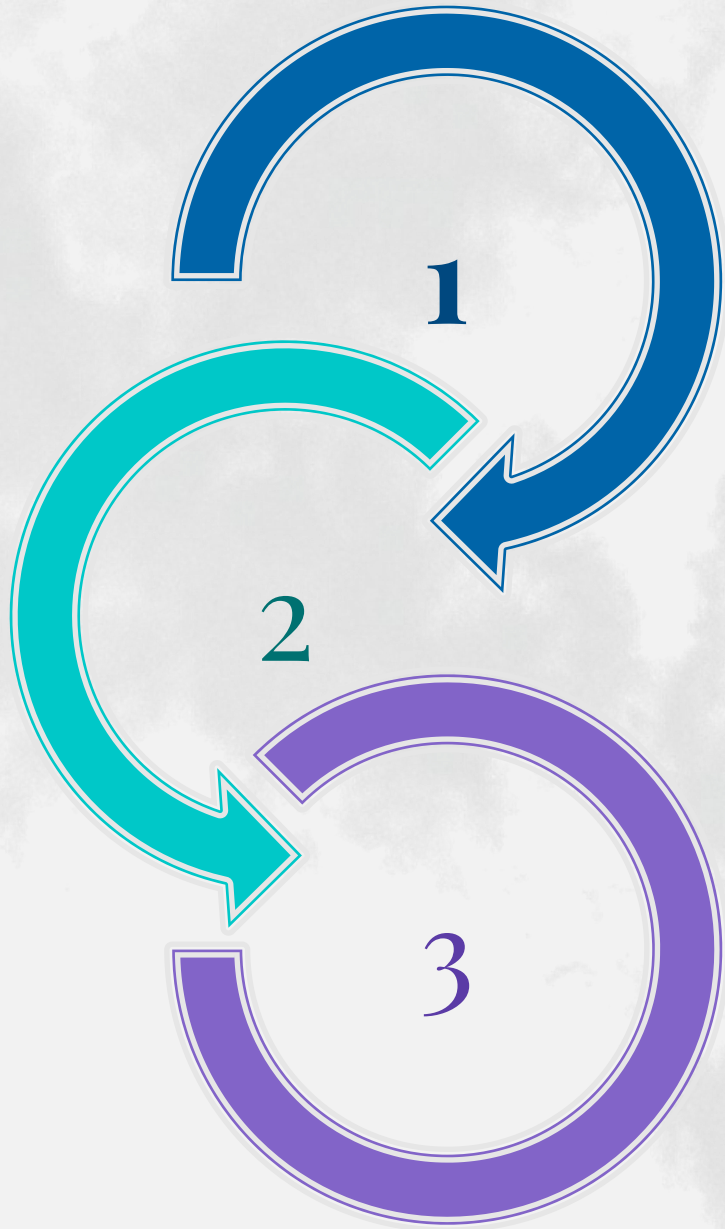






WHAT
BOLD ACTION
WILL YOU TAKE
TODAY
TO BUILD YOUR
CONFIDENCE?

Michelle D'Amico



3-STEP METHOD

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

THANK YOU



**Book a FREE
Confidence Booster session!**



THANK YOU



Get your **FREE**
Confidence Booster Guide!

