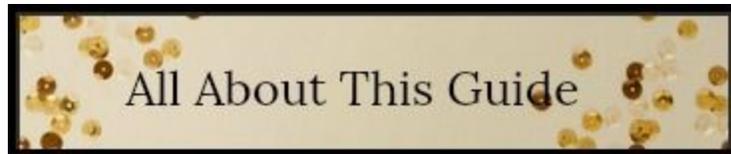


A woman with long brown hair, wearing a bright pink, off-the-shoulder, short-sleeved dress and black high-heeled shoes, is posing against a solid teal background. She is smiling and pointing upwards with her right hand and pointing to the right with her left hand. Her right leg is raised and bent at the knee. A white, rounded rectangular text box is overlaid on the center of the image.

3
*Steps to a
Strikingly Confident You*



All About This Guide

- Confidence
- What I'm About
- 3 Steps
- About Me

Hi,

I'm delighted that you have downloaded a copy of this guide.

This guide is for you if you struggle to feel confident and would like a little more of that pixie dust and it's also for you if you already feel confident but find yourself in those tricky situations where you're hustling for some more of it.

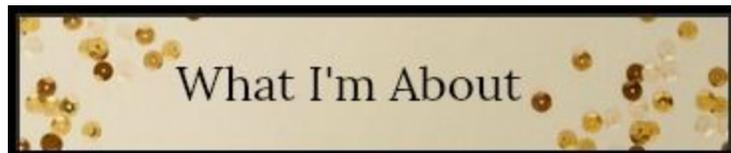
Who is She?

I find confidence is like a beautifully dressed sleek lady who everyone wants to be best friends with. Sometimes she's absolutely reliable, on hand to support you on a really challenging day but at other times she's super elusive; especially in those crucial moments when having her by

your side could mean the difference between achieving your goals or not, between taking a leap and starting a new relationship or finding your voice and standing in your power.

If you struggle to be confident in those crucial moments when it could really help your self esteem or help you succeed, you are not alone. Most people struggle with confidence. One minute they feel confident and the next minute they find themselves hustling for it.

With this download, my aim is to guide you through to being confident in a way that is authentic to you.



What I'm living and breathing right now? – My Vision

To promote a culture change which supports women to be confident, happy and successful instead of settling for the subtle messages that limits our possibilities.

I believe we all have the power to make a difference. We can be the change we want to see in our communities and societies. That's how we change the world.

What I'm passionate about right now? – My Mission

Helping women be confident, happy and successful so that they can become the best version of themselves and create a life and career that they are absolutely excited about.

What keeps me from enjoying my Tyra Banks walk and Stilettos? - My Frustrations

Women are yet to fully tap into the possibilities we can create and we don't give ourselves enough opportunities to see how strong and beautiful we truly are.

I'm committed to seeing women become all that's possible for them.

Now we've caught up, shall we begin!

My Assumption

As we begin on the 3 steps, I am writing this guide making an assumption. I'm making the assumption that if you struggle with confidence in achieving a particular task, you already have the skills required to achieve your task or goal **but struggle with confidence as a result of other factors.**

Why?

Because a lack of skills can hugely contribute to your struggle to feel confident. Think about it for a minute.

If you've never driven a car and you are suddenly given the latest Mercedes E- Class convertible to take on a spin, there's no amount of positive self-talk that would make you feel confident enough to drive this car. Even if I offered to seat in the car with you and tell you how amazing you'll be; I imagine the only image in your head would be that of you smashing into 5 cars and denting the E-class so bad it would be a write off.

Reason?

If you don't have the skills necessary to achieve a particular goal, you're not going to feel confident. So that's my assumption, that you have the skills/knowledge required. If you are yet to gain the skills you require, girl, get them and that's half the problem solved 😊

So I write this guide on the premise that you already have the skills to achieve the goals you desire but for some reason you **are not confident in taking the steps required** to achieve your goals or create the kind of life you desire.



3 Steps

Step 1

Knowing Truth:

As a substance misuse practitioner, one of the first learnings you take on board is that substance abuse is not the problem. Substance (drugs or alcohol) abuse is only a symptom of an underlying issue; whether it's the need to fill a void, numb painful emotions, cope, deny an existing issue or simply the hunger for more meaning to life etc. Substance abuse is only a symptom.

So when I'm working with a client to break their cycle of addiction it's absolutely important that I understand what the addiction is about.

In the same vein, as we explore your lack of/ not enough confidence, it's important to get to the heart of the matter, I call it knowing truth.

You may feel you're not confident to take that promotion at work or start up a new business but if as stated earlier, you already have the skills necessary, the question is, what is stopping you?

At this point, I want you to look inward and identify the block(s). Are you not taking the promotion or starting the new business because you

are afraid to fail, and the fear that if you fail you'll be considered not good enough and if you're considered not good enough that would affect your reputation.

So on the surface you may think you're struggling with a lack of confidence but in truth you're struggling with the fear of not being considered good enough which has metamorphosed into this little midget dressed up in a coy outfit called a lack of confidence.

As we get started, this is the step where we begin to unload. The first step to a confident (strikingly, may I add 😊) you is to know truth. What is the real issue?

Get to the heart of the matter. Know truth. What are you really struggling with? When you identify what the issue is, then you can rightly address it. As you do this you may find you've address your lack of confidence. It's no use treating the symptom. Get to the root of the matter

Step 2

The Pressure for Perfection

Come shopping with me. Imagine you and I went shopping. We stopped at this uptown crystal shop. We went in and you saw this lovely peacock vase.

It was an instant connection and you were not going to leave without buying one. You bought this lovely vase and placed it strategically on

your beautiful black table; right at the entrance to your hallway. It's positioned so nicely it adds an extra touch of class and beauty to your hallway.

You have no doubt this will be a conversation starter; unfortunately as you admire your beautiful piece of art in the form of a vase you notice to your shock that it has a crack which wasn't apparent at the time of purchase.

You wonder how you didn't see it all along. You're gutted! What decision would you make? Return it? Ask for a refund or exchange it for the same vase but this time it has to be one without a crack. Whichever one of these decisions you make, you'll be absolutely right!

Why? Because once it's cracked it's not fit for purpose and it loses some of its beauty. It's just not the same.

Well, that's the way we see our imperfections. When we see aspects of our lives that fall short of ours and others expectations we draw the same conclusions: **we are not good enough, we are not fit for purpose.** And therein lies the problem.

We judge ourselves by the same standard we do objects and commodities. Our value is not in our perfection or imperfection. **We are worthy** whether we have a crack, a tear or are broken.

The pressure for perfection is the subtle enemy which lurks largely undetected in our subconscious. It steals our ability to be confident because we are afraid of failing, afraid to be vulnerable, afraid to dare. We don't want to be judged, so we stay in the shadows and watch

others, we fear we won't be accepted for who we are so we keep our potential in the dark and on those occasions when we step out our self-conscious thoughts of being imperfect are heightened so much that they threaten to snuff out our creativity and render us less than our best.

Unlike commodities and objects, our imperfections are not shortcomings or inadequacies. They are part of what makes us beautiful. They are what makes us human and by identifying with them, we connect with our intrinsic and universal humanity.

If I take a £10 note and rumple it really badly; and if that isn't bad enough I rip up part of it. This whole disfiguration process doesn't take away the value of the note. It's still £10 and I can still purchase goods worth £10.

Trying to rid our lives of imperfection (with the hope of attaining perfection) is simply working hard at taking away part of what makes us human. I'm all for self-improvement, but that is very different from trying to obliterating your imperfection.

If you're going to feel confident you need to rid yourself of the pressure to be perfect.

The fear of being seen as imperfect eats away at our confidence because we interpret imperfection to mean not good enough, damaged, inadequate, unworthy and the list goes on. If you take away the pressure of trying to be perfect and instead practice **being true to yourself** in every occasion and love yourself through that process knowing you are beautiful and worthy imperfections and all, you'll see

your confidence grow. With this new found confidence you'll find the courage to step into new opportunities, set and achieve goals and create the success you desire. You'll live with a new excitement because you're no longer living in the shadows for fear of failing or not being good enough.

You may ask, what if I've prepared and stay true to myself and I still fail?

If that happens and it may, know its ok. **Give yourself permission to be imperfect**, it comes with your humanity. **Imperfect doesn't mean flawed or broken**, imperfect is beautiful. Lovingly pick yourself up, show yourself a whole lot of compassion, learn from the experience and dare again.

This brings me nicely to our 3rd step...

Step 3

Practice Little Risks

Practice taking little steps that exercise your confidence muscles.

I don't know about you but having a defined structure e.g. take medications at certain times, eat specific meals at defined times etc. can make me a little uncomfortable but Imagine you have back problems and your really knowledgeable doctor refers you for physiotherapy.

As part of your recovery, your physiotherapist starts you off on little exercises to begin to build your back muscles. As time progresses and he assesses that your back muscles are getting stronger, he gives you

more advanced exercises and this process continues until your back muscles are now strengthened.

That's the same process with confidence, the more you practice being confident the more you become confident and as your confidence grows you become unstoppable, not in an arrogant way but in a way that's true to you. It takes practice and the more you practice the more you're going to be confident in different situations. However it's important to start small so that you don't get overwhelmed.

Work through steps 1 and 2, then practice being confident in simple situations. And like the example of the physiotherapist, as your confidence grows, you'll be able to take on bigger goals and expand what's possible for you.

When faced with situations that would otherwise challenge your confidence, practice showing up confidently whether it's speaking up authentically in a ladies conversation that you would otherwise have kept your opinion quiet or clearly writing out your dreams and vision whereas in the past it would have only existed in your subconscious or begin to talk to contacts for your new goal.

Being confident will come naturally as you make it a practice. Incorporate all 3 steps outlined into everyday situations and with each opportunity your confidence will improve.

These steps are not just ideas to pick and choose. It's about incorporating them into your lifestyle and watch your confidence soar. These are the same steps that continue to guide me. Whether I'm working on new goals or speaking before c-level executives.

Showing up confidently in one area increases your ability to be confident in other areas and as you make it a conscious effort, you'll find confidence infiltrating all areas of your life. And with each practice, you'll get more confident and fully alive to your true self. When this begins to happen, you'll be able to **bring your presence** into everything you do. You'll have the confidence you need to find your voice and make it heard, tackle difficult situations, take on new opportunities, build new relations, pursue your dreams. You can begin to live a fulfilling life.

Now that's a wrap!

I hope this guide has helped you and I hope you can begin to take the steps outlined to become your confident self!

If you would like personalised support in becoming your confident, happy and successful self, go to:

<http://www.christianasenibo.com/coaching> to see how I can help.

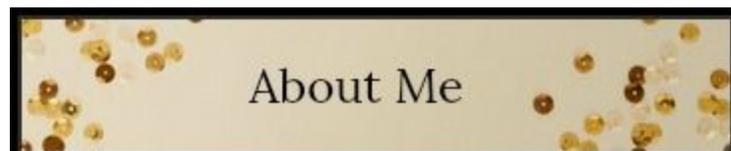
GET THE LIFE YOU'VE ALWAYS WANTED

Do you have **dreams** you've always wanted to make a reality but somehow you've not found the confidence to begin, I can help. I want you to live an **exciting** and **fulfilling** life, one that is filled with possibilities and accomplished goals; where you boldly step up to make that **career move**, start the business, live wholeheartedly or whatever else brings you happiness.

[Book your no fee discovery session](#)

If you've been holding yourself back, today is an opportunity to give yourself permission to be truly happy, to dare to go after your dreams. And the good news is, **you don't have to do it alone**, uncertain and afraid. I can support you. If you've been living the life you feel you're supposed to, instead of that which you truly desire, today is an opportunity to start putting yourself first.

If you've been holding yourself back from stepping into new opportunities and success due to fear, uncertainty or the feeling that you're not enough. I understand and **you're not alone**. You don't have to hold yourself back anymore. You have talents and abilities to make your goals a reality. You don't have to keep living in the shadow of what's possible. I've been there and I can help you.



One afternoon I was online researching some journals when I saw an article. The article was based on a research finding which states that 1 in 7 women admitted to criticising themselves on a regular basis throughout each day, over 80% confessed to complimenting others in ways they would never compliment themselves.

The article states that the areas women feel the most challenged were in the areas of body image, appearance, weight, career, finance and relationship etc If you've lived long enough, you'll agree that these

responses echo the feelings of a lot of women today. In despair at what I had just read, I decided I would do something about it. And that process started the birth of my work to teach, support and help women build confidence, find happiness, create success and ultimately have a life that they are absolutely excited about.

I believe in the power of women

When women succeed, we all win. Society is better off; our families are stronger and happier, the economy grows, our children live wholehearted lives and grow up confident and positive. We become better wives, partners, mothers and daughters. When women succeed, we have a strong force of confident women who are using their unique set of gifts and potential to make our world a happier and better place.

As a life coach, a substance addiction practitioner and with over 7 years of a rewarding career in the financial industry, I have engaged with and supported women from all walks of life and I have seen the tremendous potential we possess. We truly have untapped potential and ability to create and experience a fulfilling, successful and exciting life.

[Book your no fee discovery session](#)

Signed

To a confident, happy and successful you

Love

Christiana

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