

# *Serene, strong & self-assured*

HOW TO FEEL CONFIDENT  
IN ANY SITUATION



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*One of many*<sup>®</sup>

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## HOW TO FEEL CONFIDENT IN ANY SITUATION

Has your confidence taken a knock recently?

You're not alone.

Many women find our confidence gets knocked sideways after life hits us with a curveball -- think bereavement, burnout or redundancy.

Or maybe confidence has always felt like something other people have?

The good news is, confidence is something ALL of us have access to. You don't need to change who you are to get it. And I'm not about to tell you to don those eighties shoulder pads, vamp it up in red lipstick or recite affirmations in the mirror (unless that's your thing).

In this guide, you'll discover how to reconnect to the confidence you already have, and find out how to tap into it whenever you want.

In Part 1, we'll define what confidence is, and you'll have an opportunity to reflect on the different ways confidence already shows up in your life.

In Part 2, you'll discover the practical way you can unlock your own confidence. So you can sail through any situation feeling calm and comfortable in your own skin.

But first, let's dive into what we really mean by confidence.

# Part 1: What is confidence?

Let's start by thinking about what we really mean when we talk about confidence.

*Action step:*  
Reflect on what confidence means to you

Close your eyes for a minute and think about what the word 'confidence' means to you.

Many of us go straight to the stereotype.

The polished woman striding into the boardroom with high heels. Silencing the room with a glance. Ready with an instant wish-I'd-thought-of-that comeback to any criticism... knows she can do anything, and do it well.

When we start to unpack it a bit, this kind of confidence has a distinct quality to it.

There's a competitiveness to it - it's about being better than everyone else in the room.

There's also a sense of being in control... maybe a little too much in control.

You might admire that "confident" woman. Maybe even feel a little bit afraid of her.

But would you really want to be friends with her? Would you want to ask for her help? Call her in a crisis?

Actually be her?

When I talk about confidence, I'm thinking about something different.

*Let's reframe confidence.*

Think about this -- how confident are you that you know how to tie your shoelaces?

Sign your name?

Make a cup of tea?

Chances are, the confidence you feel about those things doesn't involve any kind of chest-thrusting or deep-breath taking.

It's easy. Natural. Light. A quiet confidence that doesn't ask you to "perform" in any way.

You don't need to prove you can do those things.

You just know that you can. You're certain of yourself.

That's the kind of confidence I'm going to show you how to find.

*Action step:*  
What are you 100% confident you can do?

## *Leading with confidence*

When we have access to this kind of confidence, we don't inspire others to action because they're afraid of us. Instead, we cultivate a sense of trust that allows others to use their talents and shine.

And we don't need to be in control of every tiny thing that's happening.

Confident leadership comes when we let go of the attachment to control, and instead step into a place of command, serving and co-creation.

I've seen that in my own team. When I stay grounded and humble, my team feel safe to open up to their flow. And that builds the power of what we can achieve dramatically.

*Action step:*  
Does feeling confident ever translate to feeling in control for you?  
Can you think of a leader who's confident as well as humble?



## *Confidence and humility*

I believe that every single one of us has an impact only we can make. It might be on your family, your colleagues, your peers, or the entire world. But that impact is there for you to make. And true confidence comes when we can connect to that sense of purpose, and know that we're showing up and taking action not out of a sense of ego, but out of a sense of being in service to our mission in the world.

In the words of my friend Danelle Delgado:

*"It's not about raising your voice, it's about raising your mission."*

## *Confidence and respect*

Confidence means being respectful of everyone. We have to be aware of both our superiority and inferiority complexes. After all, most of us live very much in a hierarchical framework.

- It's very easy for us to feel superior to employees and inferior to bosses, superior to children and inferior to parents.
- Some of us then reach an age where we feel superior to our parents and inferior to our children.
- Our culture encourages us to feel superior to people with less money and inferior to people with more money... superior to people with less demonstrable power and inferior to people with more demonstrable power.
- Frameworks like White Supremacy and patriarchy position us to feel inferior or superior right from birth.

Confidence doesn't mean trying to scramble up the ladder a bit. To tick the boxes that enable us to feel as though we've 'got in' to one of those superior groups.

Confidence means showing respect to everyone, including yourself.

### *Action step:*

Consider how you've been encouraged to feel superior to others, and inferior to others. By bringing awareness to these hidden biases, you can begin to mitigate them in your day-to-day life.

## *Part 2: How do you get access to confidence?*

So how do we find this quiet confidence? The kind that keeps us grounded and that fosters collaboration, co-creation and flow in those around us?

On our leadership training programmes and retreats we've seen thousands of women open up to this kind of confidence. It's a way of being we call Soft Power, and there are 5 ways we can embody it.

We call them the five Women's PowerTypes. And when you're able to connect to each of them, you'll find you're able to tap into a level of confidence that allows you to tackle any challenge. So let's look at each of them in turn.

### *The Mother*

Whether or not you have children, Mother is the archetype of care, support and unconditional support. An important ally when it comes to confidence, Mother not only allows you to soothe yourself but can help you put everyone around you at ease too.

Connect to your Mother PowerType and:

- Forgive yourself for past mistakes and accept yourself just as you are
- Recognise that change takes time. If you want to find your confidence, you will - it might not happen overnight, but you can do it.
- Nourish and encourage yourself for every step you take

Ways to bring Mother into your life:

- Spend some time journaling about yourself as a loving Mother would. What have you tried hard at? What are you great at?
- Make sure those around you feel appreciated and seen. Acknowledge them for what they do.
- Accept that finding your confidence will take time - but you will get there.

### *The Warrioress*

Warrioress is active, energetic, and playful. When you connect to this energy you're likely to roll your sleeves up and get stuck in. Often, our confidence grows when we're actually doing things rather than worrying about them. And sometimes, taking up a physical activity - something

unexpected like boxing perhaps - is a great way to 'find yourself' again when you've lost your confidence.

Warrior allows you to:

- Enjoy becoming proficient at a physical activity, and feeling the aliveness that comes with action
- Build trust and rapport with others by actually doing the work and making a difference
- Be motivated by a sense of justice

Activate Warrior by:

- Diving into something physical - an online yoga class, a brisk walk, a sport you love.
- Getting playful - playing with your kids, laughing with a friend, having great sex!
- Building trust and rapport with your team by getting stuck into a project and helping actively move things forward

## *The Lover*

Lover is the archetype of self-care and pleasure. "Whoa there, Jo!" you might be thinking. "I'm looking to get confident at managing my team. What does this have to do with it?"

But Lover is a PowerType not to be overlooked. When you connect to Lover, you're able to:

- Notice the power of beauty and pleasure to shift your mindset. If you've ever tried to deliver a presentation in too-tight shoes, you'll know what a difference this makes!
- Slow down and take care of yourself so that you're resourced to perform. Drinking enough water, getting enough sleep, taking a walk at lunchtime...
- Enjoy a physical space that brings you joy. A nice china teacup, flowers in a vase, art you love... these things make a difference to how magnetic you are as a leader

How can you bring more Lover into your life to boost your confidence?

- Take exquisite care of yourself.
- Make your space and surroundings beautiful.
- Enjoy wearing clothes you feel great in

## *The Queen*

The Queen is the PowerType we'd commonly associate with confidence. If you've ever been told you need more 'gravitas', what you're being asked to develop is your Queen energy.

What might surprise you about The Queen is that, rather than using her power by herself, our archetypal queen is open to receiving gifts. She is open to counsel. She is open to not knowing. And her biggest focus is of service to the realm.

- Queen readily accepts help from others - she knows she needs wise counsel to succeed.
- Queen trusts her judgment and doesn't waver in decision making.
- Queen sets clear boundaries about what is and isn't acceptable.

Ways to feel more confident with Queen:

- Surround yourself with people who believe in you and you know will support you. They will help you feel confidence even when you wobble!
- Discern whether you have the information you need to succeed. Do you need more advice, more training, more information? Ask for it.
- Set clear boundaries. Decide whose opinion matters, and whose doesn't.

## *The Sorceress*

The Sorceress PowerType is connected to our spirituality, religion, or sense of something greater than ourselves. You might call it God, Allah, Buddha, your higher self or nature. When we start leading powerfully from Sorceress we recognise every action we take is part of the vast, connected pattern of life. It's a co-creation.

When we can connect to Sorceress, we can:

- Be humble - and recognise that everything we do, good and bad, isn't down to us. We're part of a much bigger flow of life.
- Trust that whatever happens, we'll be able to find our path
- Know that we are worthy, and that everyone around us has value too.

Find more Sorceress in your life by:

- Reflecting in your journal on your big purpose - the difference you are here to make
- Noticing synchronicities and coincidences that help you on your path
- Spending time in nature and feeling part of something bigger than you



## *How do you access the PowerTypes?*

The best way to begin to connect to each of these different PowerTypes is by getting out of your head, and into your body. Think about the qualities each of these PowerTypes have, and choose a piece of music that corresponds with them. (Our BEOne Facebook community has lots of suggestions if you find yourself stuck).

Find some time to dance or move to the music as you reflect on the qualities of that PowerType.

One of our clients likes to walk slowly down the stairs whilst she plays the regal 'Queen' piece.

Your Warriress track might be one you love to run or work out to.

And Lover is that track that always gets you in the mood...

## *Three Steps to Confidence*

To wrap up, here are 3 practical ways you can bring more confidence into your life.

### **1. Surround yourself with people who believe in you.**

Now, this is probably a little controversial because most personal development coaches will tell you confidence comes from within but I believe that it really can come from outside of you.

When you surround yourself with people who have high expectations of what you're capable of, you just sort of get on with doing things! If you allow yourself to, you learn to live into that space that they are holding for you.

### **2. Ask "Do I have the skills and knowledge I need?"**

So what happens when everyone around you believes in you but you still think "there's no way I can do this thing!" Because let's face it - that still happens!!

The next step to accessing confidence for a situation is to check to see if you actually KNOW how to handle a situation. Ask yourself:

- Do I know how to do this?
- Do I have the knowledge and skills?
- Have I got what it takes?

Because I know way too many people who expect themselves to be confident at something with no education. I've trained hundreds of people in public speaking. And I heard so many many of them say "I could never do that". But they've never been taught how! They don't know

what they would say, how to structure a talk that gives them confidence, how to deliver a talk etc. So of course they'll think they can't do it.

I bet you tie your shoes with confidence, but if no-one taught you to tie a shoelace you'd have no confidence for that either!

When trying to feel more confident, gaining education around what it is you're trying to achieve can be a really great place to start.

### **3. Choose the right Women's PowerType for the job**

Once you have educated yourself on what it takes the next step is to decide who will take on this task. Check back over the Women's PowerTypes up above. Which of them do you need to have the biggest impact? Play some music, connect to the PowerType, and get ready to rock.

You've got this!

## *Next steps*

Well, there you have it! Our guide to finding your confidence in any situation.

If you enjoyed our take on confidence and you'd like to find out more about our tools and trainings, as well as connecting to a fabulous global community of women, then go to <https://oneofmany.co.uk/beone> to join the *BeOne Global Community*.

You'll get access to a whole host of free resources, including SoftPowerCasts - an audio series of bite size guides to exploring the PowerTypes and using Soft Power to tackle all life's challenges.

Also check out our website <https://oneofmany.co.uk> for information on our upcoming events.

## About Dr Joanna Martin

Founder, *One of many*®

Dr Jo Martin is a speaker, author and medical doctor who uniquely blends her scientific approach with ancient wisdom. She has been educating difference makers since 2003 and has presented to over 65000 people on 4 different continents.

Jo is herself a highly effective woman. Having graduated as a medical doctor with honours, she went on to attend the Actors Centre Australia, where alumni include Hugh Jackman and Nicole Kidman.



Before long she found acting was just the opening into her true calling as a coach, author and speaker. From successful solo-preneurship, it wasn't long before she was travelling the world delivering transformational seminars to rooms of up to 3000 and a time... and nearly burned out.

*She had to find a different way of doing things. Something more sustainable. She did.*

Interestingly sustainable meant even more successful. Which is cool, but perhaps not surprising.

When she launched her second business, Shift Speaker Training, in 2008 she took it from a standing start to 7 figures in 12 months.

*One of many*® is the culmination of a life's work dedicated to helping women handle the day-to-day so they can pursue the life's work they feel called to do.

She's also a diplomatic wife, a sometimes-too-tired mother, and a caring friend. She's got a very cool head, but a very big heart.

*"I'm many things. And I'm just one of many women. Like you.  
And together we can change the world."*