

The Complete Transcript of Podcast 36 Where we discuss: Developing Confidence

Intro: Welcome to solutions for health and happiness with Claire and Helen - the Lightning Process Team. Want to live a life you love? Start here...

Helen: Hello and welcome to Podcast 36 in our series. I'm Helen Harding and my co-host is Claire Brooker.



Claire: Hi everyone. Last time we helped you to deal with change more effectively. Our top tips were to recognise and let go of old out-dated ways of dealing with change, that no longer serve you. Notice your feelings around change and work through them. It's not wrong to feel overwhelmed or wobbly; it's part of the process.

Helen: Take care of yourself during this time. Take positive action by making sure you are still eating regularly, exercising and getting good sleep. Give yourself space to get your head around the change and then take a look at what you can influence and how you want to respond.

Claire: Start to ground yourself and calm yourself and see this change as an opportunity to grow and flourish, and be flexible - be like water and flow around or over every obstacle.

Helen: So today we are discussing how to develop confidence. When babies are first born, they aren't worried about crying and they don't feel insecure about the way they look. They arrive in this world blissfully unaware of external judgement, concerned only with their own experience and own needs.

Claire: Think about the sun rising. You're confident that it will rise in the morning and set at night – it's the natural order.

Helen: What if we see confidence in ourselves and our abilities as the natural order? What if we have the confidence to shine and be our authentic selves without the constraints of self-doubt, negative judgement and criticism?

Claire: That would be great. Now, just to be clear, we're not suggesting that you should be oblivious to other people and be completely all about you, but thinking about a baby as they're coming into the world, it may just remind you that confidence is your original nature before you started to doubt yourself.

Helen: So how can you start to develop your core and authentic confidence again?

Claire: To be confident you don't have to know all the answers and this is key. It's not about knowing everything but it is about believing you can handle whatever comes up.

Helen: No-one in the world knows everything or can do absolutely everything.

Claire: Everyone is good at some things and not so good at others. Don't measure your self worth against what you know or can't do. Instead, measure it against your willingness and capacity to learn and to grow.

Helen: Make friends with uncertainty - no matter how talented, intelligent or capable you are, you cannot predict or control everything that happens in your life. Even confident people face job losses, failed relationships and health issues.

Claire: Take the pressure and weight off your shoulders and realise that sometimes the twists and the turns of life have nothing to do with what you should have done or what you shouldn't have done. Life throws up challenges at times. Taking this lighter approach allows you to refocus on what's important right now and helps you feel confident in your ability to move forwards.

Helen: Doing new things is key to developing and building your confidence. If you always do things that you have always done then you may feel safe, but it won't be building your resilience and confidence as you're just staying in your comfort zone.

Claire: Once you move out of your comfort zone, be ok with things being messy and imperfect. Yes, we are talking to you Mr or Mrs Perfectionist, ha ha! First when you are trying out new things, you may need to crawl, then walk then fall and then repeat again and again to get confident in something new.

Helen: There's a great quote by Robert Allen "Everything you want is just outside your comfort zone". This is so true. How many times have you felt uncomfortable about something new? But when it came down to it, you felt amazing afterwards because you'd done it, you'd achieved it.

Claire: A bit like us and our podcasts, Helen. This was completely new to us both but now we love doing them and have loads of fun in the process. We also wouldn't be concerned about doing others now. This winter we are going to add to our videos, which will be a similar process of trying, stumbling, making mistakes and then eventually being confident in what we're doing.

Helen: You can speed this process up by using your imagination to create the confident you until you feel naturally confident in the situation. For example, when I trained as a practitioner, I used to imagine I had a cloak of confidence that I wrapped around myself. I would imagine using this when walking into a situation where I needed a little confidence boost.

Claire: I did something similar, I imagined that I'd already had twenty years of coaching experience and I brought that with me into the room, which really helped me to feel confident.

Helen: Although our examples are from when we were training as practitioners, you could use a similar technique imagining a hat of confidence, a colour, or a symbol that for you represents the confidence that you want.

Claire: Learn to accept good feedback and praise at times we're more ready to believe all the negative stuff and dismiss, delete, belittle all the positive praise.

Helen: Do you know, accepting praise is a skill. Instead of assuming people are just being nice or that your promotion or good relationship was just down to luck, start to play with the idea that you've actually earned the praise or the positive feedback your receiving.

Claire: Spend that energy that you used to put into belittling that praise into fully accepting it and using it to boost your confidence.

Helen: Like any other skill you've learnt in life, your confidence will improve with practise. Take any opportunity that you can to replace doubting thoughts with confident ones. Ask yourself what a confident person would say to themselves - how would they feel about themselves, and start to step into that zone.

Claire: Be congruent by checking out your posture and your tone of voice. A slouchy, low and hunched body posture will make you feel very different from a straight, tall, open posture. So stand out, speak slowly and clearly to feel strong and to feel centred.

Helen: And whilst talking about posture, body language is massively important in how you're received. So make sure you look people in the eye and don't stand with your arms folded, as this will just make you look defensive.

Claire: Actually, body language could be a whole podcast topic on its own so we'll leave it there for now.

Helen: Yes, fair enough. So our tips for developing confidence in yourself are to remember that you're worthy of good feelings like happiness and confidence.

Claire: Remember, confidence isn't having to know all the answers or being able to do absolutely everything. Instead it's about having the willingness to try, to make mistakes and knowing you can handle whatever comes your way.

Helen: Develop your confidence by reminding yourself of past times of confidence or use your imagination to help you access confident feelings as and when you need them.

Claire: Use this when trying things out for the first time to boost your confidence and make sure you do actually do new things, this will increase your feelings of confidence tenfold.

Helen: Instead of dismissing positive messages from others, learn to receive and accept them. Taking on praise is a brilliant way to feel good about yourself.

Claire: Start to practise a confident body posture and tone of voice so you can start aligning not only your mind but also your physiology with confidence and remember to use good, confident body language.

Helen: If you'd like help with anything around your confidence, Claire and I would be more than happy to talk to you and you can contact us through the website which is www.lightningprocess.co.uk.

Claire: And while you're there you can keep in touch with us by signing up to our newsletter where you'll get to know about what we're up to, what's going on and of course you'll also get different information to the information we put on the blog because we always write fresh articles just for those people on the list, so it's well worth getting yourself on there. You can also download transcripts of these podcasts from there too. Also, if you've really enjoyed this podcast, it would be lovely if you could just leave us a review on iTunes, it really helps to raise the profile of these podcasts.

Helen: So until next time, have a fantastic week!

Claire: Thanks guys, speak to you soon!

Outro: Thanks for joining us, until next time! You're one step closer to living a life you love.