Women Leading Locally



Self Advocacy

Women For Election

PRESENTER: **Fiona Pearman**, Organisation Name: Core Confidence

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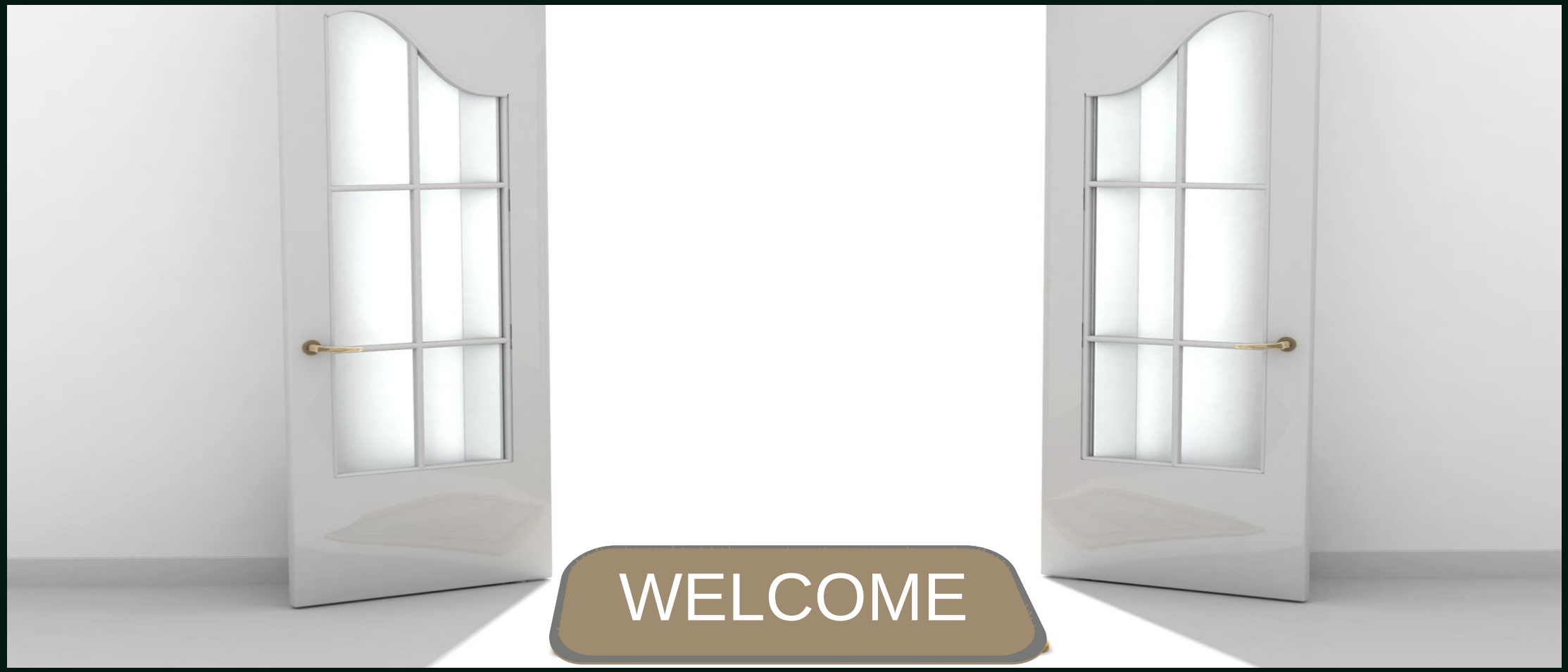
Welcome



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Workshop Overview

01

What is Self Advocacy & Why it Matters

02

Fears & Roadblocks

03

How To & Action Steps



You Will Walk Away With

- Understanding what Self Advocacy is & why it matters
- Clarity of fears & roadblocks that are holding you back
- How to advocate for yourself & action steps

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“Inside I don’t feel confident at all”

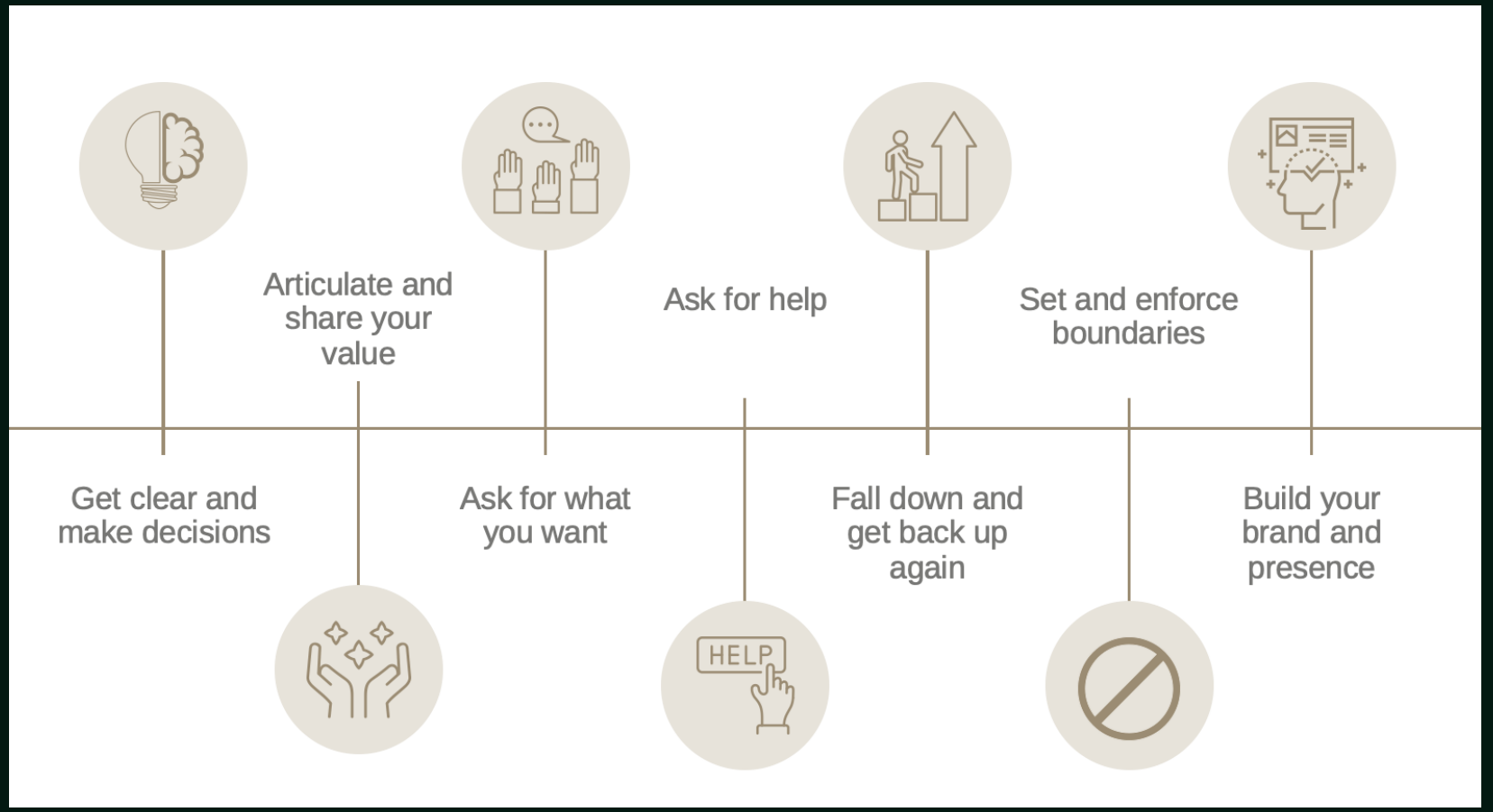


OWN YOUR VALUE

SPEAK YOUR TRUTH

LEAD WITH AUTHENTICTY & CONFIDENCE

The 7 Acts of Confidence



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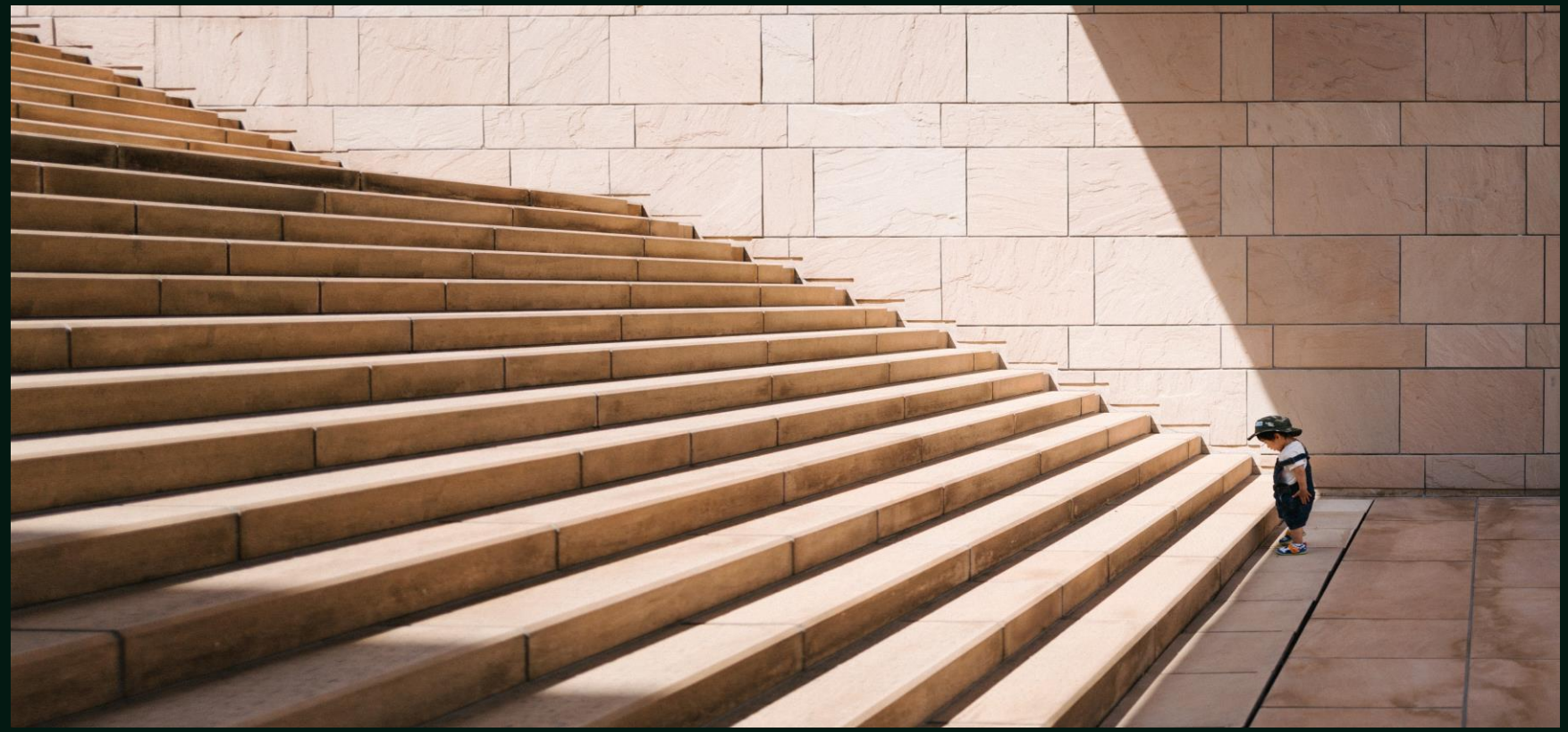
What Brought You Here?



01

SELF ADVOCACY

What is Self Advocacy?

Being able to clearly articulate **who you are**, **what you stand for**, the **impact** you want to have and **difference** you'll make for **your community**

THE ACT OF CONFIDENCE

COMES BEFORE THE

FEELING OF CONFIDENCE

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Poll



02

FEARS & ROADBLOCKS

What Gets In The Way

Seen As Self-Promoting



Judgement From Others



Confused or Unclear



Uncomfortable



Competence or Confidence



Breakouts

What gets in the way of you advocating for yourself?



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- Seen as Self-Promoting

- Judgement from Others

- Confused or Unclear

- Feels Uncomfortable

- Lack of Confidence

03

HOW TO SELF ADVOCATE

#1

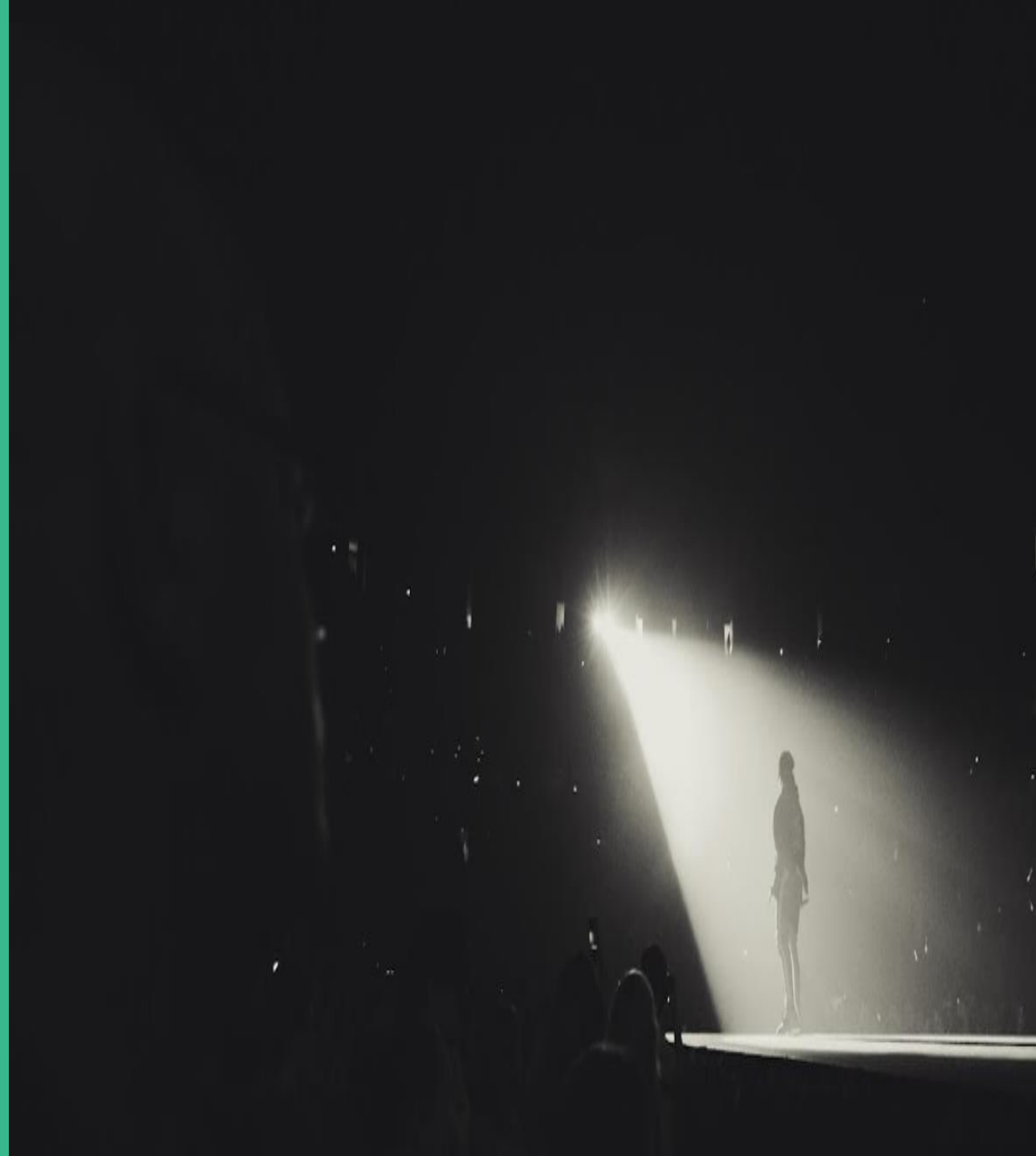
CLARITY

A CLEAR WHY



#2

SHINE A LIGHT ON THE FEAR



#3

RESET

YOUR COMFORT ZONE



#4

SMALL EXPERIMENTS

WHO & WHAT



THE ACT OF CONFIDENCE

COMES BEFORE THE

FEELING OF CONFIDENCE

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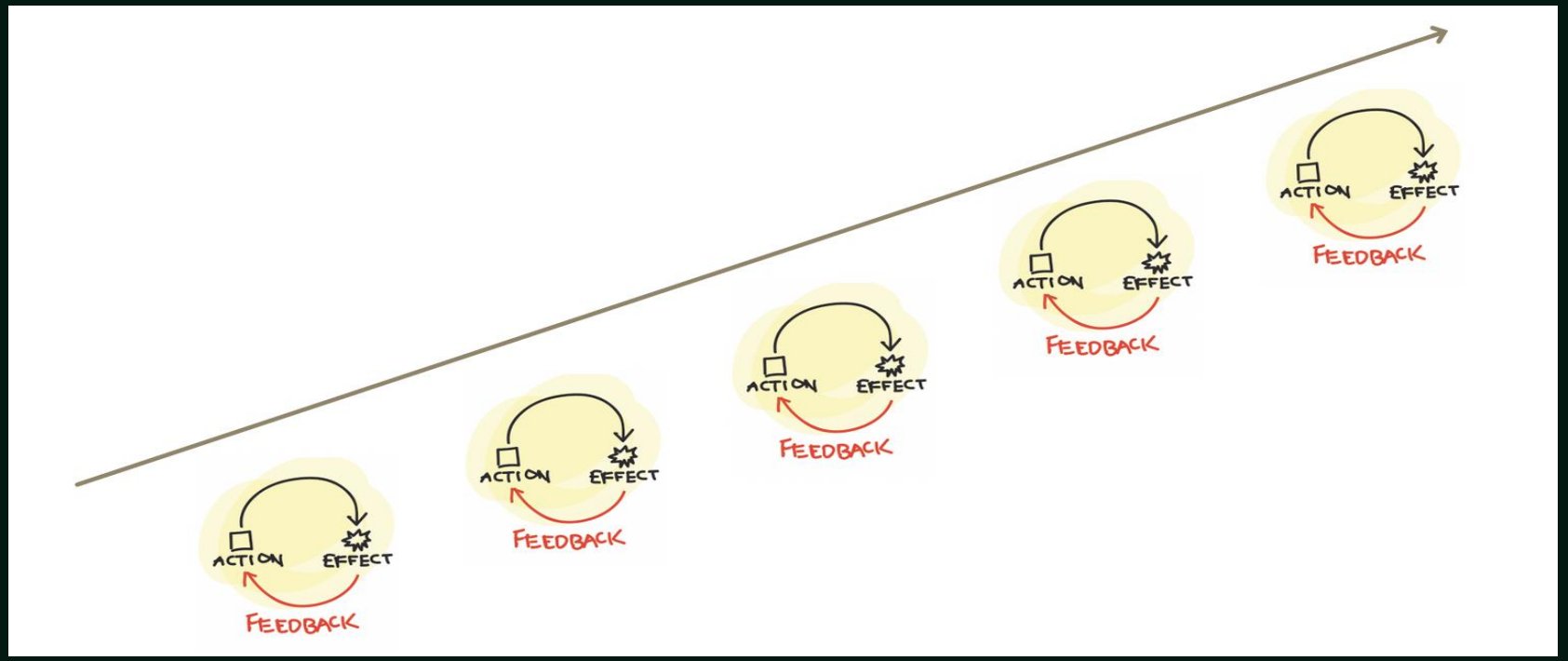
Feedback Loop



#4

ASK FOR HELP



Breakouts

ACTION STEP – WHAT'S YOUR ONE SMALL ACTO OF CONFIDENCE?



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- Gain Clarity

- Face Your Fear

- Get Out of Your Comfort Zone

- Small Experiment

- Ask for Help

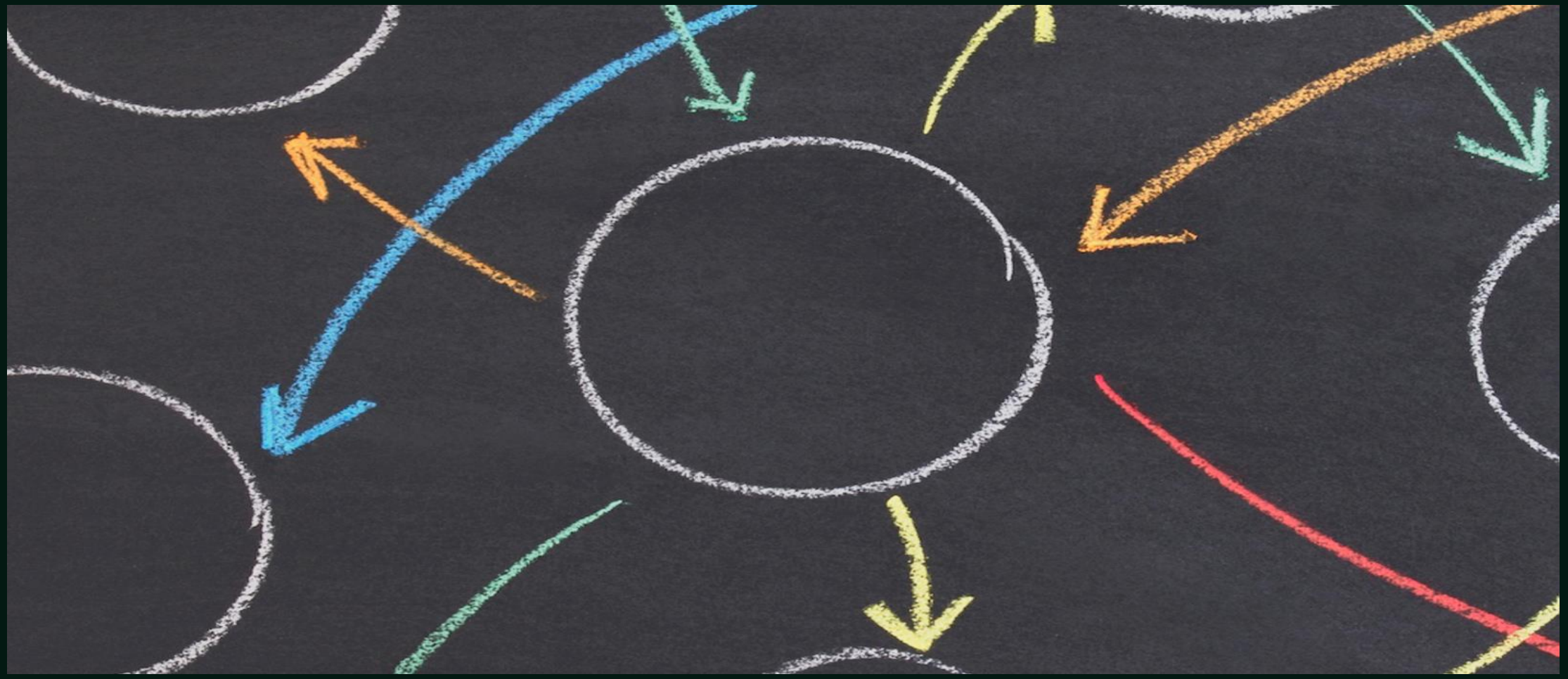
“

BE BOLDER –
We Regret The Things We Didn’t Do
More Than The Thngs We Did…

If Only I’d Taken That Risk…

DAN PINK
Author – The Power of Regret

Individual Action Has A Ripple Effect



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Next Steps

01

Download A Free Chapter of The Book – Face Fear

02

Buy a Copy of Core Confidence - ccvip

03

Book a call to learn more – special rates for WFE

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- yourcoreconfidence
- Fiona Pearman

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For more information visit:

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MORE IN-DEPTH INFO

CAMPAIGN IN YOUR POCKET