COMMUNICATION & CONFIDENCE FOR ALL

*Strategies.
What strategies will you commit to be communicating with confidence?*

1.

2.

3.

Reflective writing.

Write a paragraph explaining what the most confident “you” looks like. Be as detailed as possible; describe your actions, attitudes, body language, and behaviors. This is not about being arrogant or unaware of others but about believing in yourself and feeling self-assurance about your abilities and qualities.

Create a leadership philosophy.

For more details about how to create one, visit [www.LancasterLeadership.com](http://www.lancasterleadership.com/). A leadership philosophy helps take the guess work out of who I am and includes my beliefs, attitudes, principles and values.

*“Every day you have to prove yourself and convince – move forward and challenge yourself. And doubt all the time.” Christine Lagarde*