

UNLOCK YOUR
CONFIDENCE, UNLEASH
YOUR SUCCESS

@KarlaWludyga



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Wife and Mom



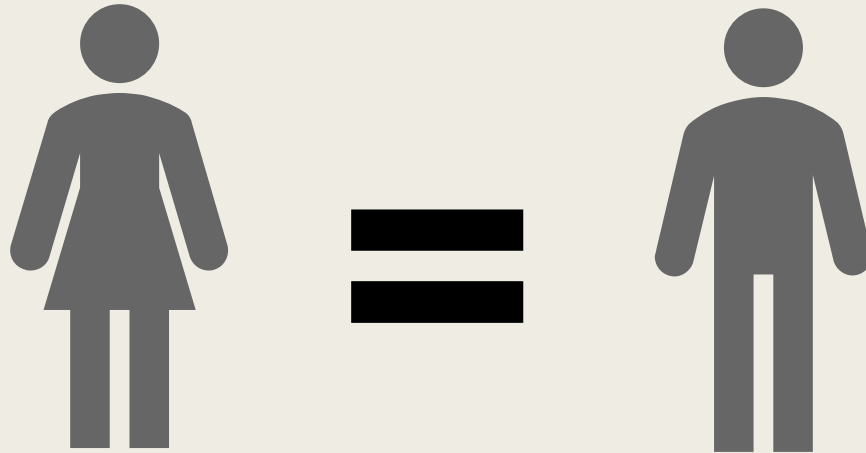
A highly confident, low resolution version of me



Confidence Matters

- Appear more competent.
- Succeed in negotiations.
- Make more friends!

Confidence and Gender



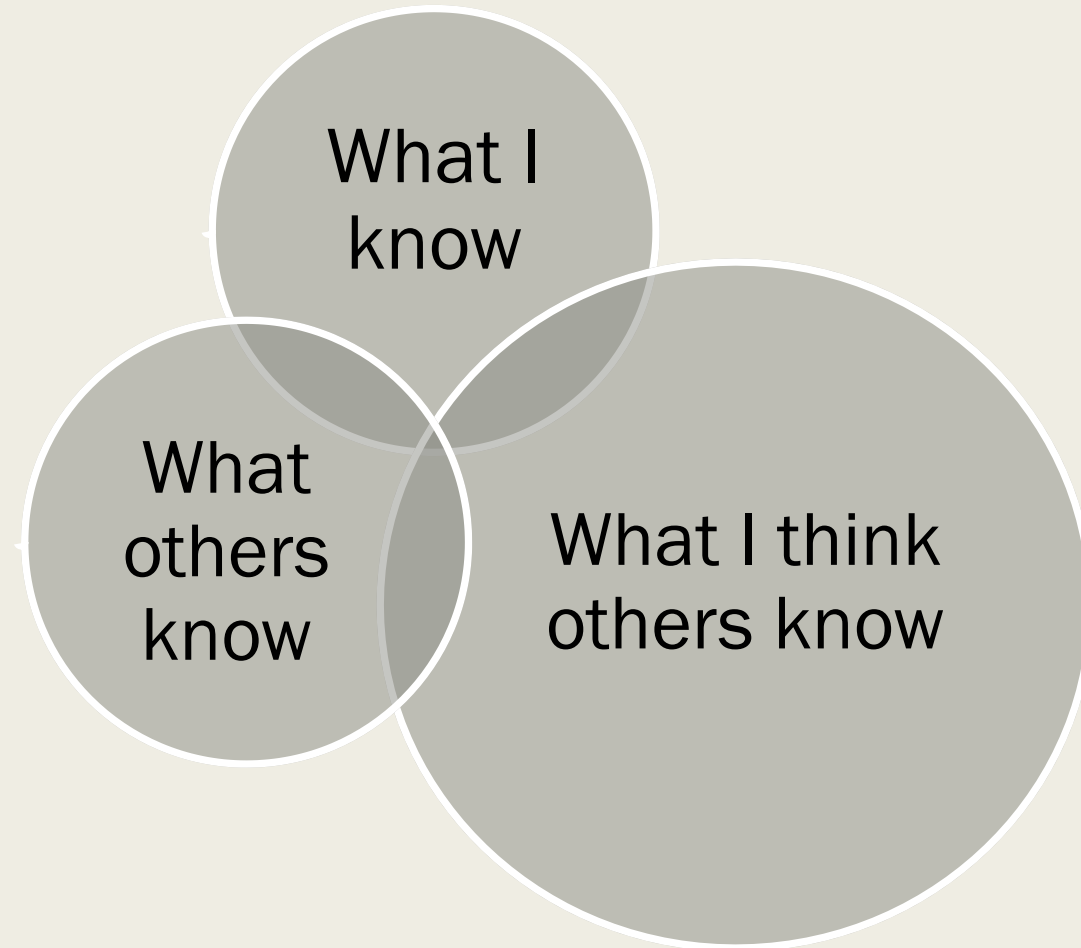
Taking Action Builds Confidence

- Just start.
- Practice taking (small) risks to build confidence.
- Failure is not a fixed state.

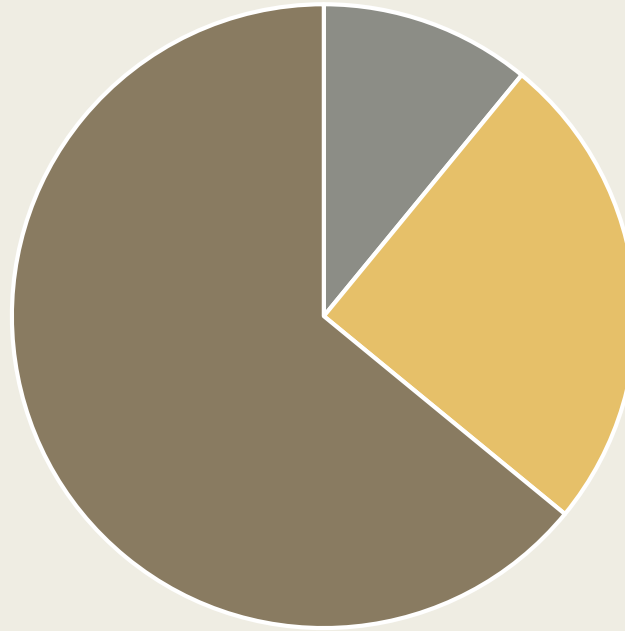
“A year from now you may wish you had started today.”

-Karen Lamb

Imposter Syndrome



Who gets Imposter Syndrome?



- People who look like they have it all together
- People I know
- Me

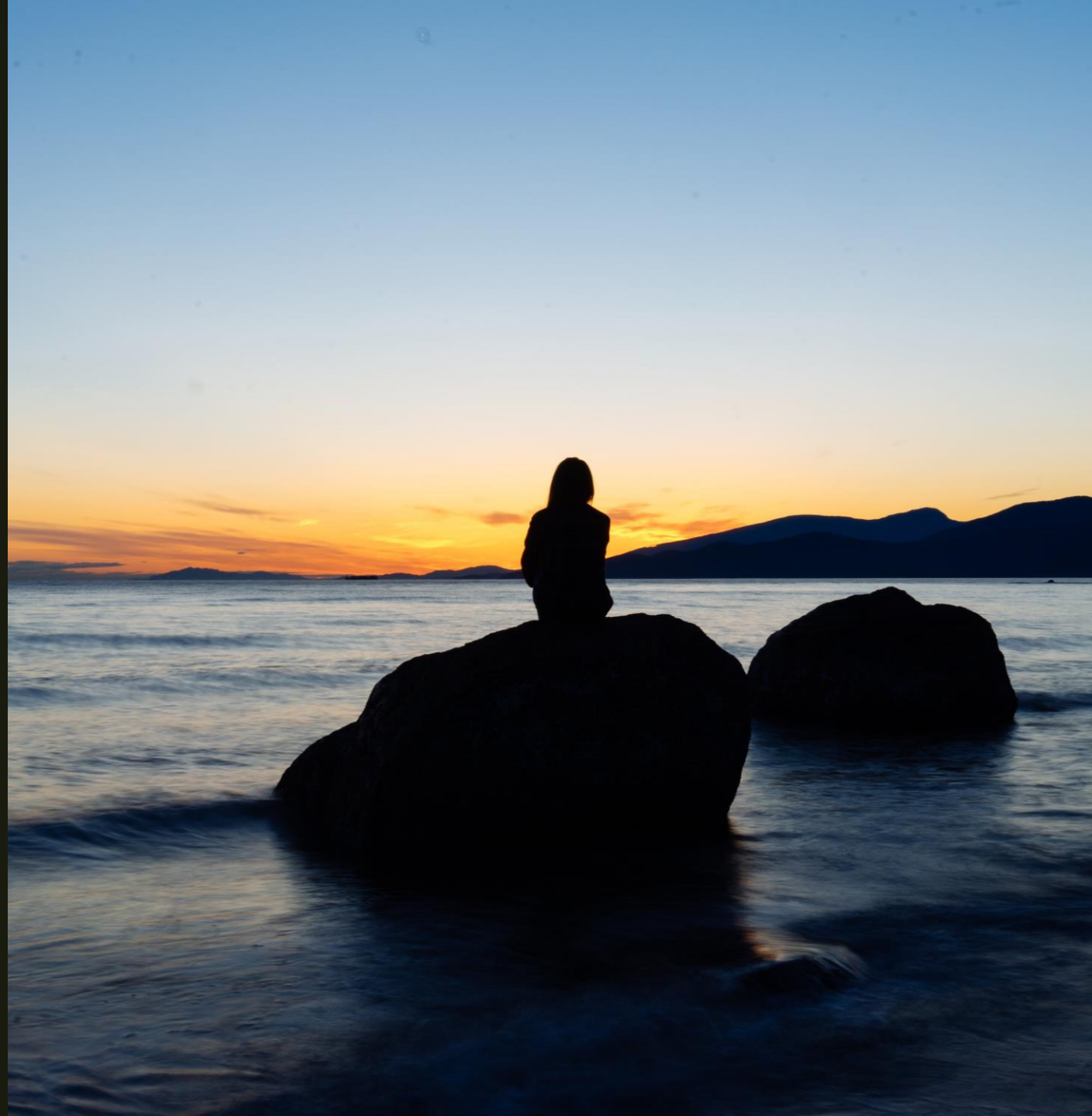
Get VIMBL.

Visualization

Inner Monologue

Body Language

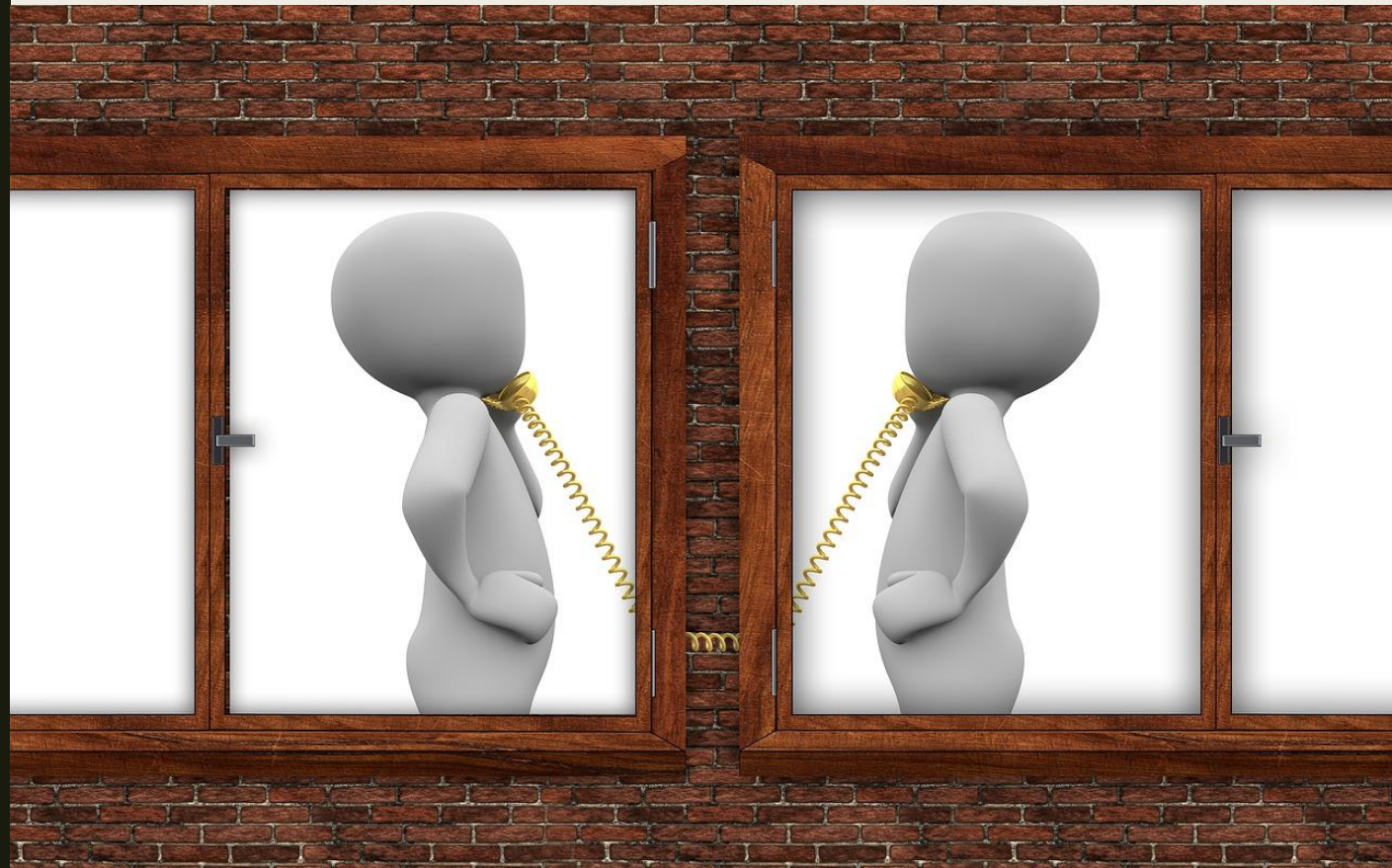
Visualize it.



Talk to yourself
like you would
talk to a friend.

$$E + R = O$$

Event + Response = Outcome



Use the
power of
body
language.

“Fearless Girl” in NYC



Confidence is a choice.

THANK YOU

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