

# Speak up with Confidence



**Yea, though I walk through the valley  
of the shadow of death, I will fear no evil. PS. 23:4**

Cathy Shimmin

# Carousel Conversations

In small groups, visit each flip page and write up your thoughts – both from your own personal and from a general perspective

**When and where do we wish we could speak up more – what situations?**

**What stops us?**

**Why would it be better if we did?**

6 mins in total – capture the points not the story



# My own worst enemy

They are so much better than me

This is gonna sound stupid

Everyone knows more than me



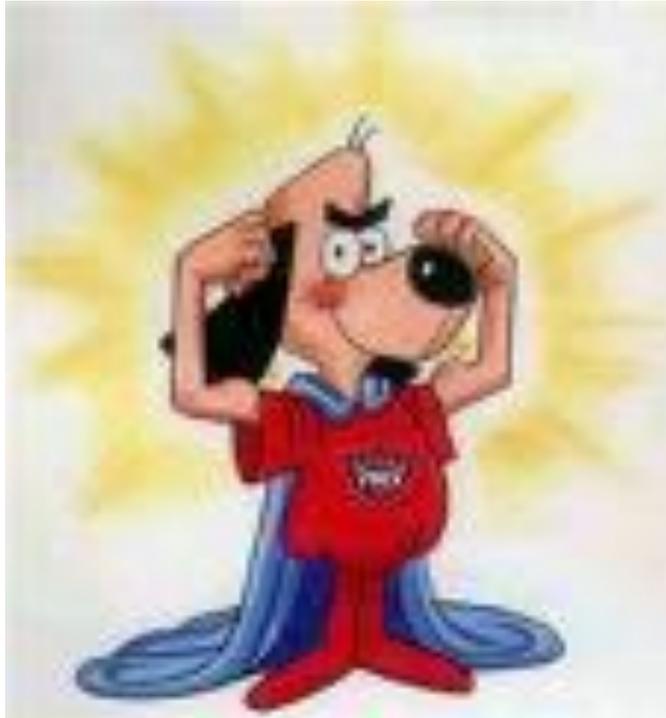
I always make a mess of this

I'm going to sound like an idiot

They will think I am clueless

## My Inner Critic

# My Immediate Mentor



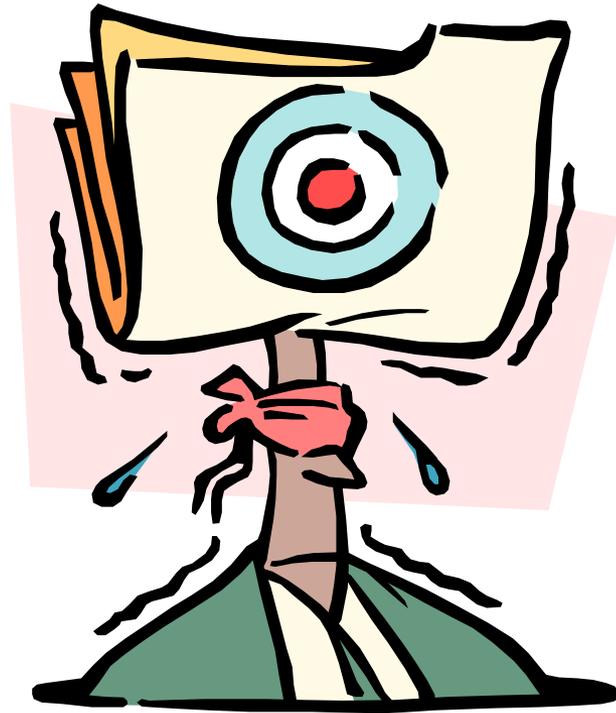
# My Inner Coach

# 3 factors affecting your image

Predicament

Preconception

Pretence



# 3 areas where you can portray a confident and positive image

Verbal cues

Non Verbal cues and behaviour

Demonstrative actions

# Confident Words and Actions



## Two Task Groups

What do confident behaviours look like?

What are the key elements of a clear communication?

# 7 Steps to Speaking up with Confidence

- Clarify the barrier – real or perceived?
- Consult your Inner Coach
- Plan your opener
- Check – statement or question
- Assess your physical state and symptoms
- Take ACTION to combat these
- Practice small steps each time

WHAT MATTERS MOST  
IS HOW YOU SEE YOURSELF.



# Dr Morris Rosenberg

Self-esteem is a positive or negative orientation toward oneself; an overall evaluation of one's worth or value

## Susan Harter

### 5 Domains of Self Esteem

- Scholastic competence
- Athletic competence
- Physical appearance
- Peer acceptance
- Behavioural conduct



Please complete the form on the table  
if you would like me to get in touch  
about training for your Local Trust Group

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**Thank You**