

MENTOR•HER

KEYS TO CONFIDENCE

GETTING EXCITED TO MOVE
FORWARD

PUBLISHED ON
WEEK SIX

FOR
ALL MENTEES

FINAL INTRODUCTION

Welcome to the final week of the Mentor Her Programme. We **cannot** believe how fast our time together went! This is your final week to ask your Mentors any probing questions that you might need the answers to now, or in the future. We hope you have met some valuable people on this programme and are excited about moving forwards, towards a bigger goal-some time in the future.

This week will really be about closing down the project, thought process or plan that you have made with your Mentor over the last few weeks. And ensuring that you have taken advantage of this last, one-hour meeting. We wanted to end this programme, not with a sadness that it's over, but an excitement that your journey is really just beginning! So, we've made our last manuals, for all our Mentees, about the Keys to Confidence. And this Friday, you will be hearing from Ireland's leading lady on the Imposter Syndrome in the workplace and in business so that you can be more aware of who you are and why you should be proud of yourself for any journey you decide to pursue. Aoife O'Brien is the lady behind Happier at Work and she will be taking you through this workshop on Friday at 1.30pm.

In this last session with your Mentor, consider where you were when you began this programme and where you are now- what has changed about you? What problems did you have and how have they been solved? What have you learned from your Mentor and how can you carry this with you moving forward?

Before we leave you, we wanted to let you know about three things that might be of interest to you:

The first is that **our next programme begins on June 14th**- you can come back to join us as a Mentee or Mentor (or both!). If you want to sign up again and your situation hasn't changed drastically, just get in contact with us hello@mentorher.ie and we will put your application through.

If you know a **student or small business owner** who might be interested in our program, please refer them to us.

We have a new **Student Initiative** where women in college or university can join our program for a discounted rate or for free, gain experience by completing one-two projects and get a reference for their CV.

This is our new way to support women who may be strapped for cash but need help in their career or business. Similarly, we have a Small Business Fund to help support women in their first year of business.

You can find out more by emailing hello@mentorher.ie



BECOMING CONFIDENT

Whatever level you are at in your career, everyone wants to exude the confidence and positivity that's required to get you that next opportunity and advance to the next step. Whether you're seeking new opportunities, or looking to elevate your day-to-day tasks in your current job, pitching your business, preparing for an interview or networking- being confident is a very important aspect in putting your best self forward. The first thing to remember when you're building up the self-esteem to take your future by the horns, is that:

THIS ALL STARTS WITH YOU

Whether you're a Running a Business, Climbing the Corporate Ladder or a Freelancing Mentee- you took the first step to finding yourself and your career success by joining this programme, so congrats! **You** took control of your future and decided to do something for yourself. By doing so, you took responsibility for your journey and reached out for help in achieving your goals. That's big! We hope you still nurture this same motivation to continue forward and are just- or more- dedicated to your coming success.

In times like this of Covid-19, it can be hard to get out of bed, yet alone deciding your future or making a plan towards it. With everyone feeling uncertain about the future, the only thing we can do is concentrate and deal with every day as it comes and keep positive enough that you're ready for your next step when the opportunity presents itself.

To keep your confidence and positivity high in times of ambiguity, you need to keep **focusing on yourself** and only yourself! As mentioned in the Growth Mindset seminar, we know that comparing ourselves to others is an irritating habit that we all maintain in one way or another. Whether it's a colleague at work or someone running a business that's similar to yours- having an eye out for competition can often turn into making you disenchanted about your own journey by comparison. We want to remind you that everyone's path to achievement is wrought with ups and downs (and it's certainly not as exciting as what you see on social media). You need to focus on your journey: remember that there is no time limit on your life or career. When you are ready, it will happen for you. So, this is your public service announcement- if you find yourself obsessing or comparing yourself to another person- unfollow them. And beyond that, find your inner peace with yourself and your own journey so that you stop comparing yourself to others so regularly. Set up a reminder, like writing down an achievement in your career or business, and sticking it on your desk or laptop to remind yourself how you are doing and how far you have come



BECOME THE PERSON YOU WANT TO BE

If you struggle with the fear of failure or a social anxiety, nurturing belief in yourself can be difficult. When you're faced with an opportunity and you need to be brave enough to take the next steps, you might not feel like the type of person who will be chosen for the task at hand. If you're not feeling good in your own skin, wracked by nerves or lack of confidence, a great technique in times of uncertainty is to **act** like the person you want to become. If you can get yourself into the right mindset, and act like the person you wish you were- over time, you may actually assume the confidence organically. That's why we suggest that, if your confidence is lacking- act the part first and the rest will follow.

MANIFEST THE GOAL

The first thing to do when you're presented with an opportunity is to try is to practice the art of manifestation. Although this term has its roots in religion and spirituality, the act itself can bring theoretical ideals into the physical by ensuring that you are in the right mindset approaching a task. There is a canon of literature available on the law of attraction, but basically manifesting your goal simply means imagining it has happened before it actually has. For example, if you're going up for a job interview, envision the confidence you would have **after** being offered the job. If you're pitching in a meeting, conceive the feelings and emotions you'll have **after** completing the pitch perfectly. If you're reaching out to someone on social media for a bit of online networking, imagine how you'll feel once you make that connection. Consider your emotions, whether it's pride or happiness, success or honour, glee or praise of how you'll feel during or after having done an excellent job. In the days or weeks leading up to an interview or meeting, re-visit these emotions. By the time you actually have to do it, you'll have the confident feeling that you've already been there, done that.

DRESS THE PART



The most important stride in acting the part of the woman you want to become, is *feeling* like that person. First impressions are a big aspect of gaining opportunities and people will judge you a lot by the way you present yourself. Whether it's a suit jacket or a pair of heels, a white blouse or a pair of trousers- we all know that feeling of trying something on and feeling like you can take over the world. If your confidence is lacking, it's worth investing in an item of clothing that makes you look the part, even if you're not feeling it on the inside. When shopping for that power piece remember that being comfortable is the most important thing. We've all been in a position where the heels are just a little bit *too* high to walk naturally in or the suit trousers don't feel as good as they did at home. Your power piece should be something that's relatively within your own comfort zone!

BECOME THE PERSON WHO YOU WANT TO BE

GET OUT OF YOUR OWN HEAD

When you're approaching a new situation, and begin to feel that you're going out of your depth, everything can become a bit overwhelming. Every person has that nagging little voice at the back of their head that tells them they're not good enough. Every failure or stumble you've ever had in life seems to come up out of the blue and taunt you as you approach your goal. Or something that's going on in your personal life becomes magnified and makes you doubt yourself. It all makes you feel like you're not capable or that you're not worth it. When you're lacking confidence, this happens to everybody. A good thing to remember in these situations is that the person sitting across the table from you doesn't see this internal dialogue. In fact, they don't know anything about you. All they can see is a confident, good-looking woman in a power suit that looks like she's got her life in order. To become the woman that they think you already are, forget about anything and everything that's going on in your personal life for these moments. Whether it's that fight you had with your partner or the fact that you don't think you can afford that holiday you booked- let go of it when you're trying to present yourself as the confident woman you know you are. It will all be waiting for you when you get home anyway. A great way of doing this is to focus on your **body language**: sit up straight, square your shoulders, shake hands firmly, looking people in the eye: by doing this alone, you can **become confident**, even if you aren't feeling it on the inside.

If you're struggling with the ability of acting the part, another good exercise to practice is to have a one-to-one with yourself in the mirror before you go into your next meeting. Consider what people look at when they see you: composed, unproblematic, sure of yourself. If you let all your little problems bubble up in your brain it will become apparent very quickly in interviews and meetings so it's important that you don't let it affect you as you prepare to achieve your next goal. Revisit the pitching manuals on Week Four: how are you unique? What is your Unique Selling Point? A good way to get out of your own head is to find ways that you can put emphasis on the positive aspects of your personality by elevating and improving on your best qualities. If your uniqueness is that you're a great team player or that you're understanding, an excellent leader or a pragmatic solutions-finder- how can you show off these traits in an interview or pitch? Even if you're not feeling much like yourself or becoming overwhelmed with all the little voices in your head, if you can focus exclusively on emulating your positive characteristics you will naturally begin to demonstrate them!



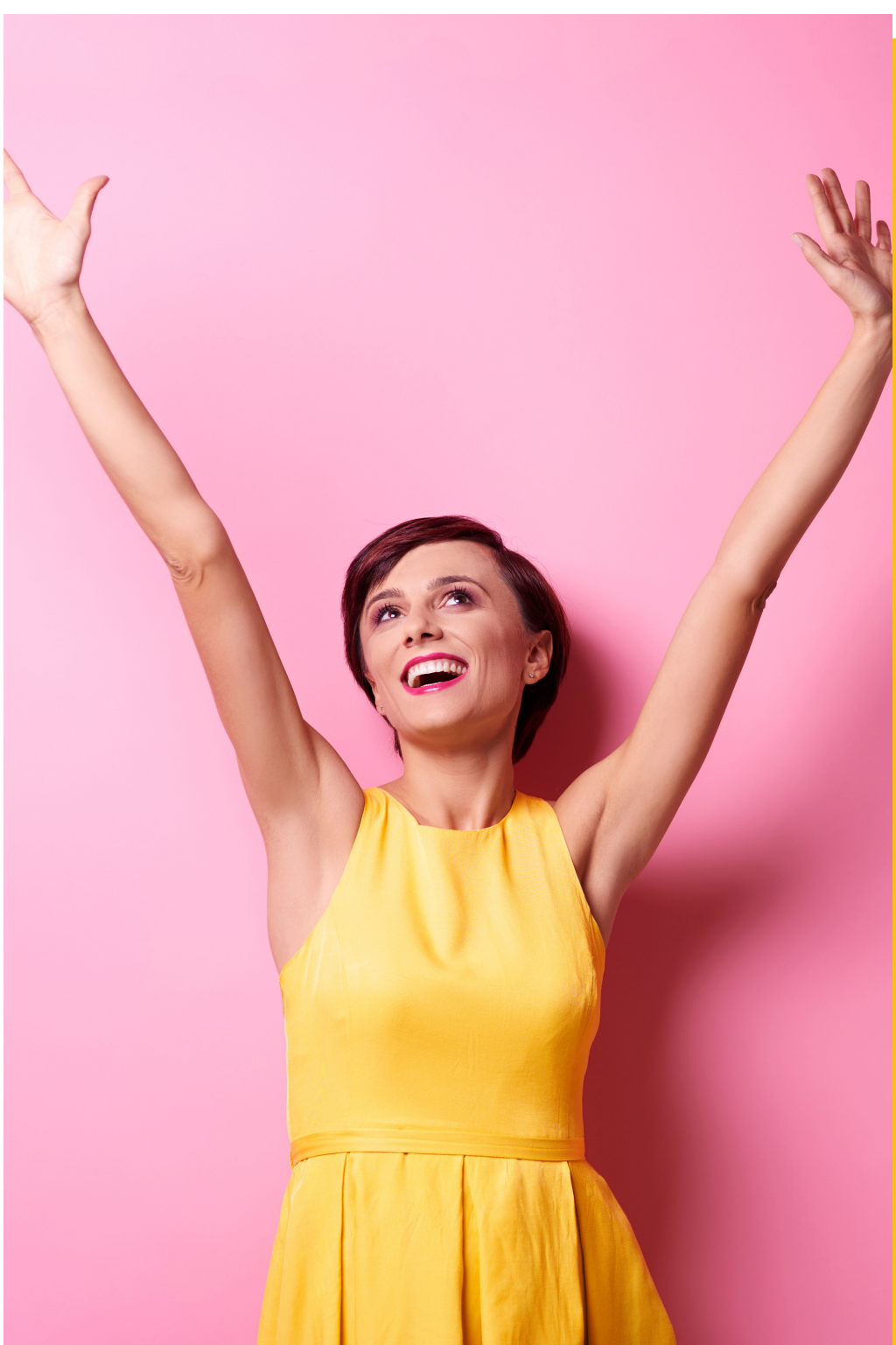
KEEPING CONFIDENCE

SURROUND YOURSELF WITH THE RIGHT PEOPLE

Nurturing confidence and self-belief over longer periods can be a far more arduous task than just manifesting a goal and dressing the part on the day or weeks leading up to an opportunity. Keeping confidence can be achieved by a long-term mindset of not letting other people knock you and always having a support system to turn to when times get hard. That's why it's important that you surround yourself with the right people. Achieving your dream career will be hard enough without naysayers and haters as your friends or acquaintances. If someone doesn't believe in you, is constantly adding snarky comments or pushing negative ideas- then you shouldn't put too much weight in having them in your life. The people who you call your friends should be the right type of people, people who support you, who are kind, who listen and appreciate all that you do.

HELP OTHERS

Another way to nurture confidence is to help people who need a hand. An assertive woman, who's comfortable in her own skin, is someone who will help someone else when she's asked and often when she's not. Being altruistic, and assisting other people in achieving their goals, is one of the easiest things you can do in your day-to-day and can come with a variety of benefits. Primarily, it will make you feel like you're doing something good, and make you feel good about yourself. Even if you're having a bad day you're making someone else's a little brighter. That alone has a knock-on effect to keeping you happy in your own skin and positive about the days ahead. By helping people, you're also building a network of people who you can turn to when you have a problem of your own that needs fixing, too!



ALWAYS BE POSITIVE

We are a firm believer that whatever you put out into the universe is something that you'll get back. Although it can be hard to stay positive when times are hard- being the smiling, affirmative and helpful woman who people meet in their day to day can have some amazing positive impacts on your career. Keeping your head held high when times are tough, listening to other people's problems and keeping a happy expression even when you might not feel like it all the time on the inside, can have a ripple effect throughout your career. Consider ways to keep yourself positive by treating yourself when you're feeling down, taking self care days to focus on you and doing the things that you love to keep your spirits high! Positivity is the key to confidence, when you're happy everyone around you can see it and feel it, too!

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LEAVE US A REVIEW

As our small business owners know, reviews are integral in keeping businesses alive and we would really appreciate if you could give us a 5 star review on Facebook or Google so that we can attract even more women to this programme!

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