



## What does Self-confidence mean to me?

When you are trying to move from feeling not confident to feeling confident, it is really useful. This is because you can write down what it looks, feels and sounds like. Then you can consider which strategies to use to achieve it in these different situations.

<b>What self-confidence looks like to me in relation to:</b>
<b>1. Your expertise</b>
<b>2. Setting up a business*</b>
<b>3. Client(s)</b>
<b>4. Boss</b>
<b>5. Colleagues</b>
<b>6. Workload Management**</b>



\*Self-confidence in connection with striking out on your own is discussed in my book **Business Skills? Don't be Daft I am a Lawyer!** in **Section 1 Chapter 1.2 What qualities and skills do you need to start**. The business owners interviewed discuss their self-confidence challenges in **Part 2** of my book.

\*\* [Is it Time You Created Some Time Boundaries at Work?](#)

**Other relevant blogs that you will find helpful are:**

- [You Can't Read the Label from Inside the Jar](#) This blog guides you on the key points when choosing a coach.
- [You Can't Read the Label from Inside the Jar – Part 2](#). This one provides examples of how lawyers use coaches.
- [An Introduction to Mindfulness for Lawyers, Part 1](#) This introduced the first core concept of 'being present' and my clients found that it helped them to spot when they moved from evaluating the future to being obsessed with the 'what ifs' and the impact of that on their performance.
- [An Introduction to Mindfulness for Lawyers, Part 2](#) This second blog provides insights to the concept of acknowledgement and acceptance. This puts you in a more resilient and effective Mindset.
- [An Introduction to Mindfulness for Lawyers, Part 3](#) the final blog provides insights into how detachment can assist you in uncertain times.
- [How to Build Your Resilience as a Lawyer](#)
- [How Do You Lead When You Are Not in Charge?](#)
- [Are You a Carrot, an Egg or a Coffee Bean](#)
- If redundancy has knocked your confidence, then check out [You've Been Made Redundant - So What Now?](#)
- [Manage Your Mood with this One Simple Technique](#)
- This blog sets out 7 ways to develop this habit which will enable you to promote self-confidence is [The Gratitude Habit](#)

**A useful and very funny TEDx talk on fear is:**

<https://www.youtube.com/watch?v=yn6Vqvm5dkU>

## About Ann

Ann is a non-practising solicitor with over 28 years' experience in the business world. Since 2003 she has trained nearly 7000 lawyers in leadership, management, business and interpersonal skills. She is the founder of [Yorkshire Courses for Lawyers](#)

Ann has trained with the Coaching Academy and holds a H.N.L.P. certificate in coaching. She is NLP Master Practitioner, as well as a member of the Professional Speaking Association and Professional Speakers Academy.

**If you want a coach/mentor and trainer who knows the legal industry inside-out then [Contact me](#) to discuss your requirements.**