



# C-Cubed Confidence



**Awareness**  
You can only address those things of which you are aware

How to tackle a situational lack of confidence

Surface Confidence

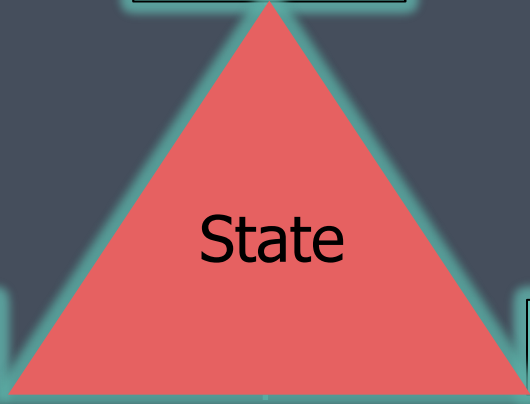
Deep Confidence

Tactics to appear confident

An underlying feeling

Emotions

Mindset



Thoughts

Physiology

Change one to change your state

Use your body to get your mind into a resourceful state

Strategy

Breathing

Power Poses

Deep Practice

Look up to feel resourceful and calm

Change your brain chemistry

**Have a plan to deal with difficult situations**

**Deep practice on the edge of discomfort**

Feeling **CONFIDENT** allows you to appear more **CREDIBLE** and to **CONNECT** more easily with the person you want to influence.

