



WOMEN IN
FINANCIAL
MARKETS™

Formerly WIND

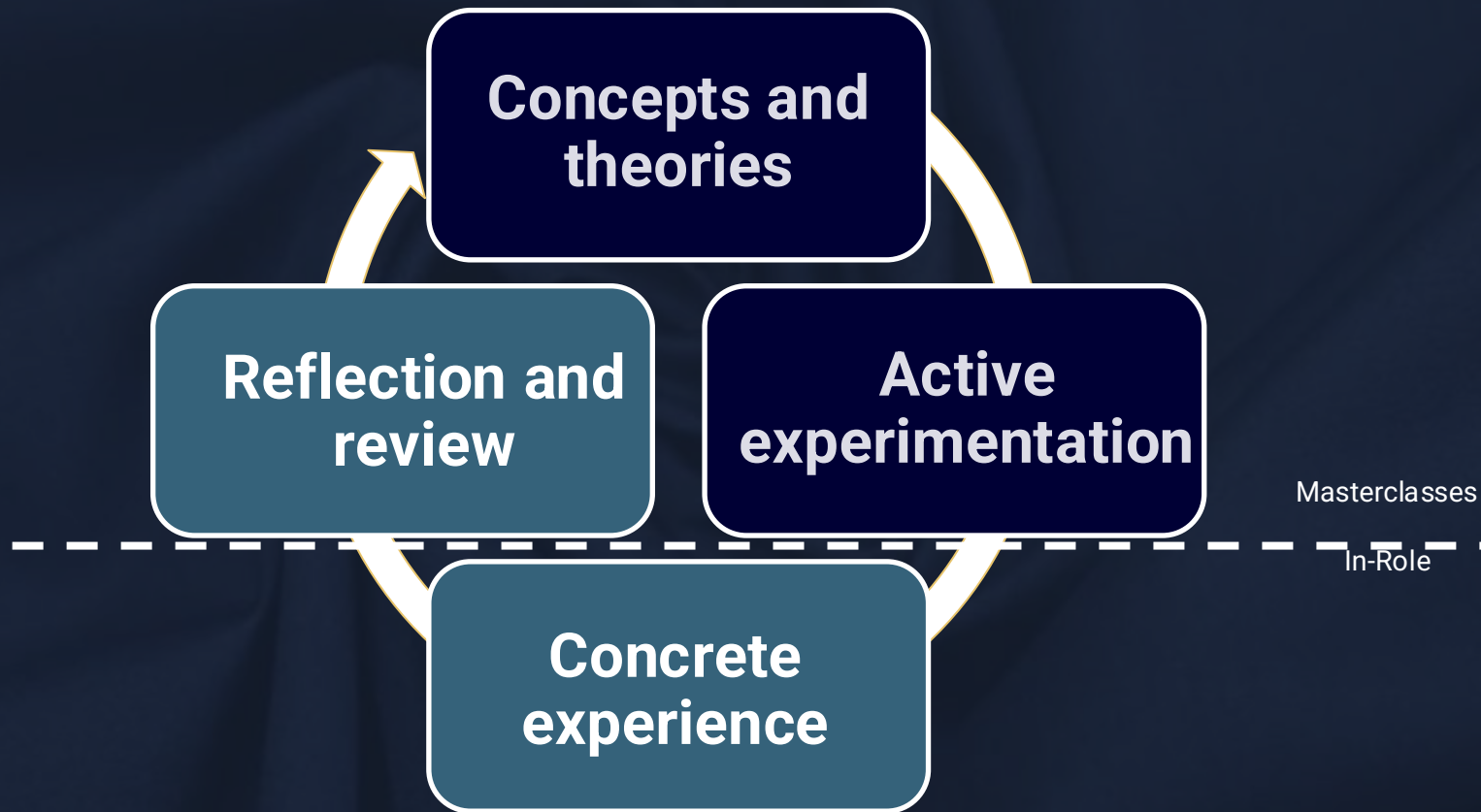
Harnessing Your Confidence and Managing Self-Doubt

Georgie Dickins
Trailblazer Program

14th April 2026



Course format – Kolb's learning cycle



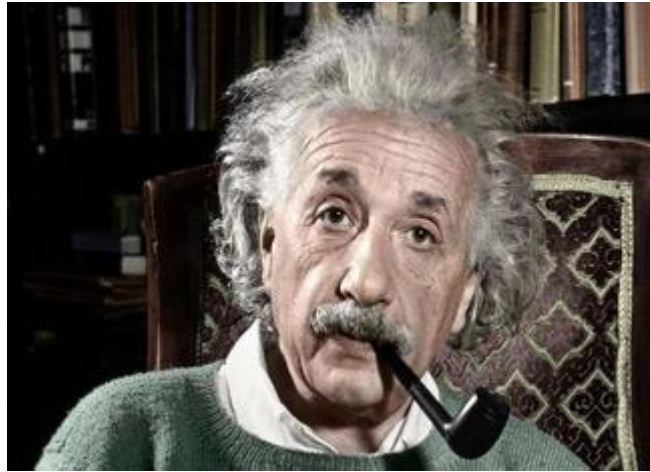
Origins of the word 'CONFIDENCE'

- **Latin Roots:** *Confidere* - *con* (altogether) and *fidere* (to trust). *Fidere* is the root for other trust-related words such as *fidelity*, *fealty*, and *faith*.
- **Noun Evolution:** From the Latin *confidentia*, meaning 'trusting in oneself'
- Historically, confidence was a relational word, referring to acting with trust in oneself, in others, or in something greater, as highlighted in insights from

Comparison-itis

The compulsion to constantly compare your accomplishments, life, or appearance with others, often resulting in feelings of inadequacy, jealousy, and low self-worth





FAMOUS SELF-DOUBTERS

BREAKOUT ROOM

- What does confidence look like you?
- What undermines your confidence?



BREAKOUT ROOM

- When has your inner critic taken centre stage? What *exactly* did it say?
- With hindsight, how true were those thoughts?
- What would a person you trust say in response?



INNER DIALOGUE



JIM RENNERT

1. Is it true?
2. Can I absolutely know that it's true?
3. How do I react and what happens **when I believe that thought?**
4. Who or what would I be **without the thought?**

Credit: Byron Katie

“

A single thought, whether
positive or negative,
becomes a powerhouse
when you believe it.

RHONDA BYRNE

“

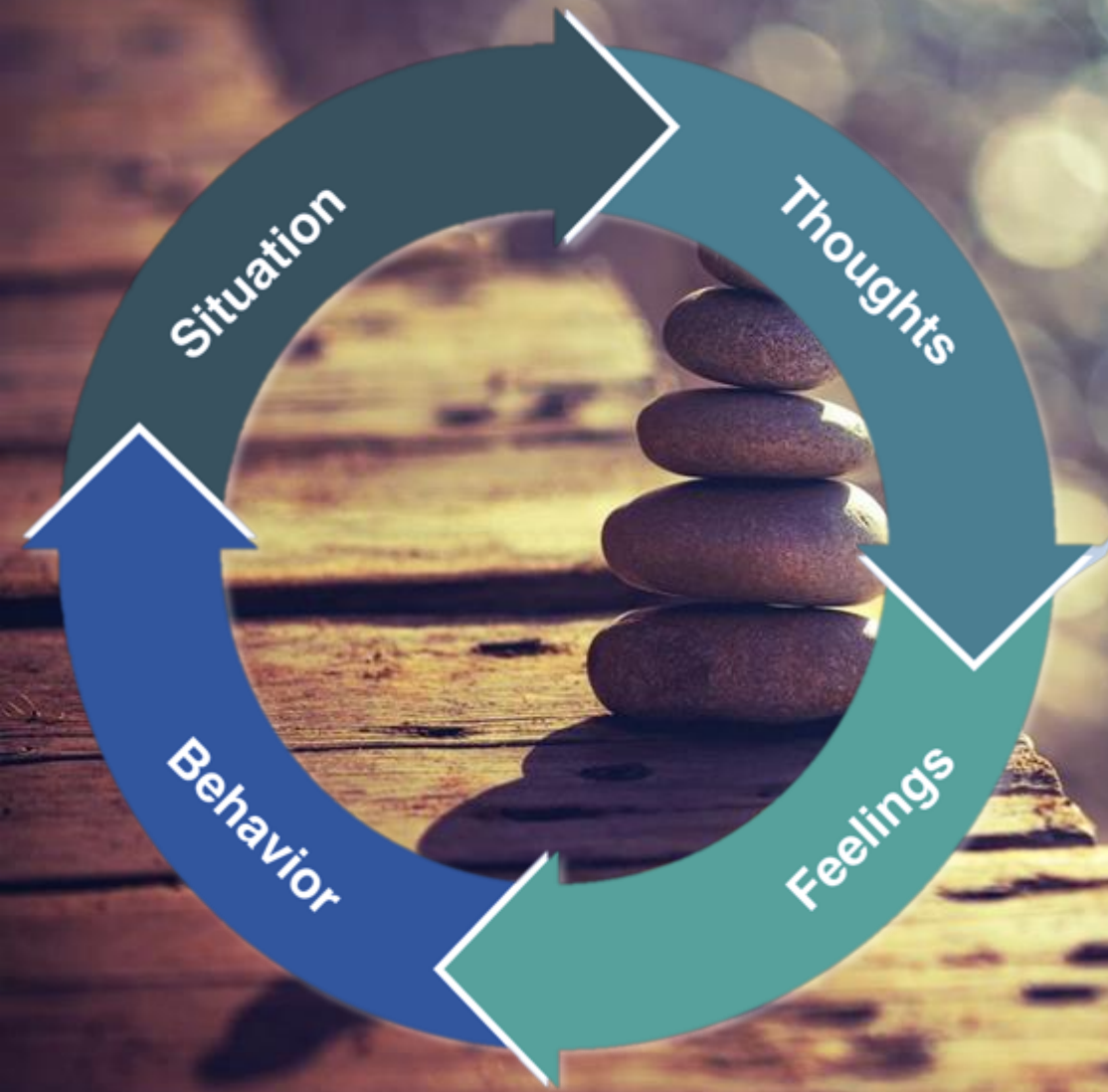
Our brain has a negativity bias which makes it like **velcro** for the bad and **teflon** for the good.

RICK HANSON

Author, Hardwiring Happiness



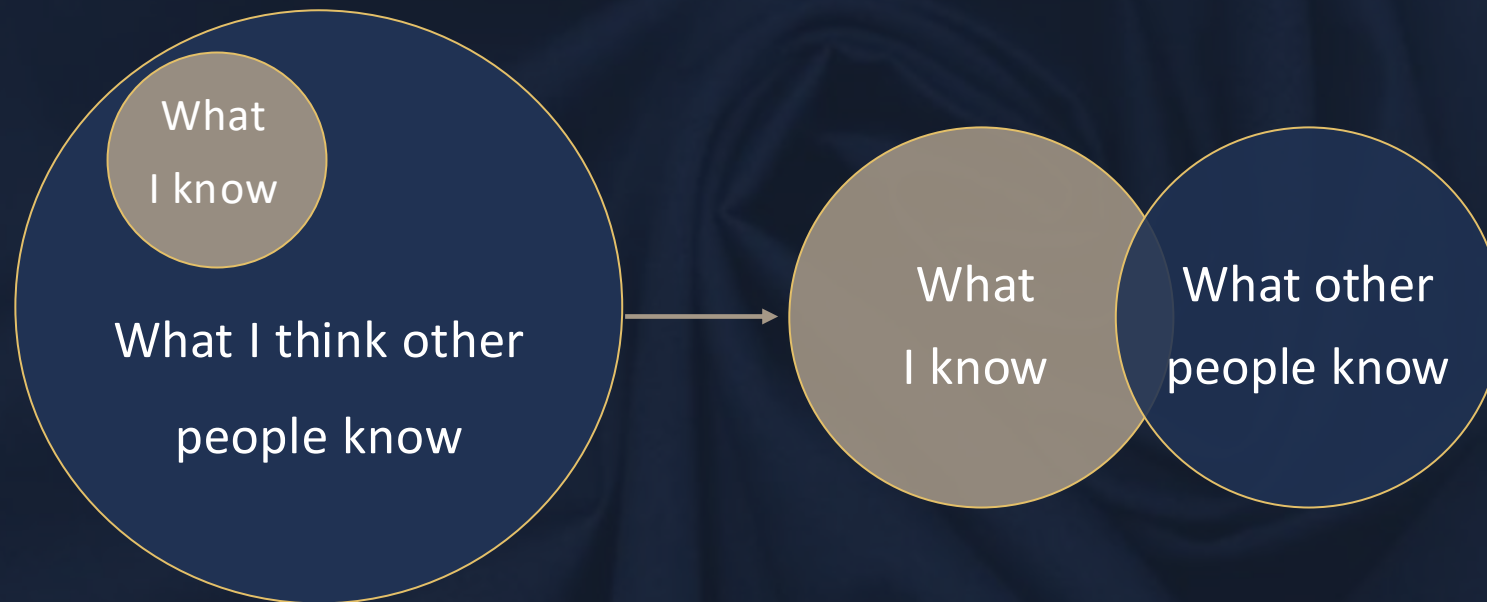
MIND BODY LOOP



A photograph of a road that splits into two directions. In the center, a wooden signpost stands with a red sign on top and two white directional signs below it. The word "DOUBT" is overlaid in large white letters on a dark teal rectangular background. The scene is set during a sunrise or sunset, with a bright sun on the left and a hazy, golden light over the landscape. The sky is blue with wispy clouds.

DOUBT

WHAT CAUSES YOU MOST ANXIETY?



- Appearing as a failure
- Disappointing others
- Feeling judged
- Not having the answers
- The unknown, ambiguity

SELF-DOUBT: EFFECTIVE WAYS TO TAKE AGENCY

- Tap into your 'inner' Yoda
- Be aware of unhelpful compare and contrasting
- Speak to yourself in the 3rd person
- Create an alter-ego
- Keep a 'PDF' folder
- Celebrate your successes
- Name it to give it space

What
name best
depicts
your inner
critic?

shy-shrinking susan
pickpatty grumpy grandpa
critical scattered sally
squirrelly pearly negative nancy
loopy leah mediocre molly
average amy
tough tracy naggy nelly
anxious ann karen critical elizabeth
critical knakal
perfectionist-a
perfectionist

WHAT'S YOUR TAKEAWAY?

What is ONE insight you are leaving today's session with?

ONE ACTION you are taking away which you will commit to.

