MAKE A difference
SCHOOL BUSINESS MANAGERS' CONFERENCE 2019
10 -12 JULY 2019 | TE PAPA, WELLINGTON

William Buck

Unshakeable Self-Confidence®

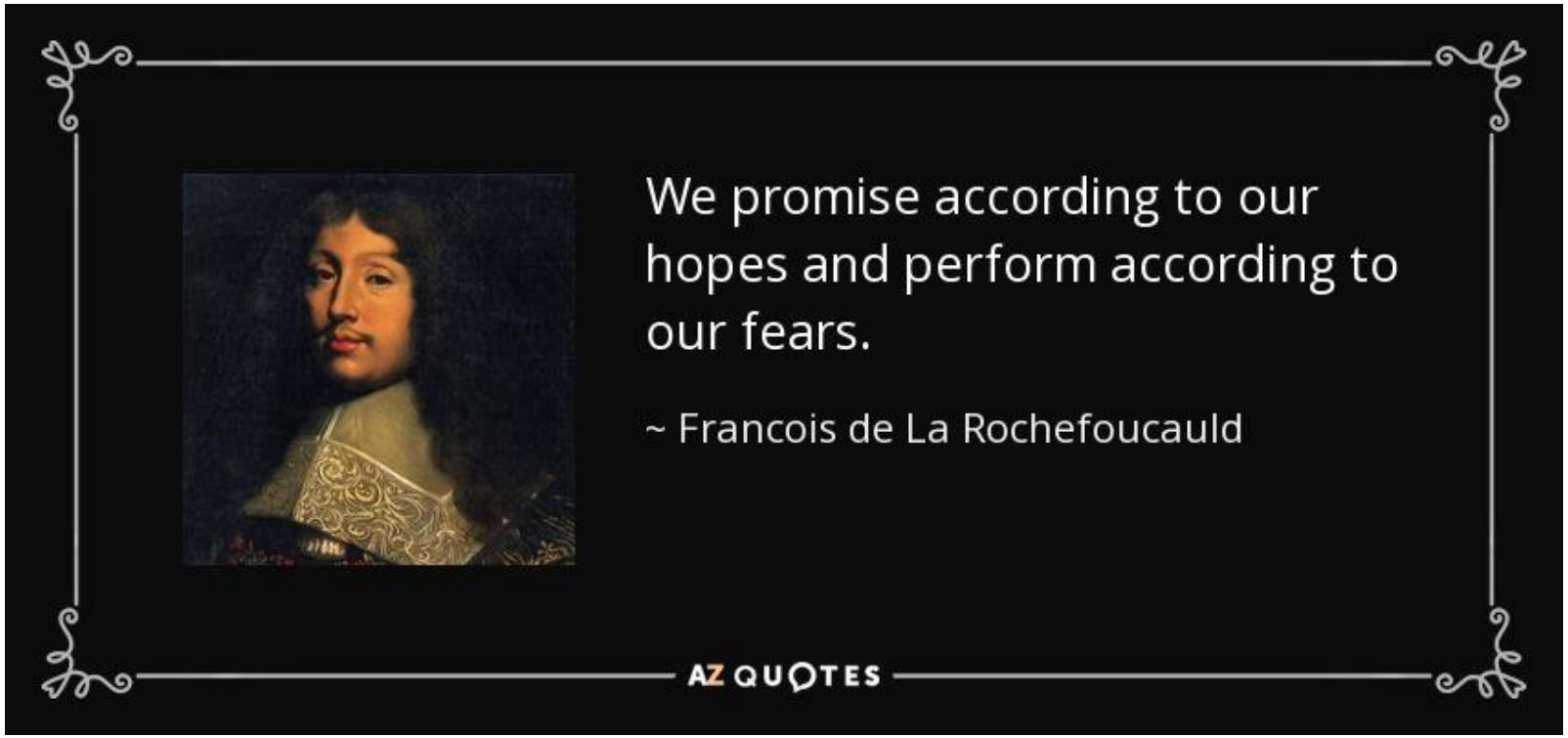
Kieran T. Bird

#Dropout

My 'proud' record

- 1981 Teachers College
- 1983 Science diploma
- 1986 2nd year Waikato Uni B Soc. Sci.
- 1988 Auckland Uni Law School

Why?


We promise according to our hopes and perform according to our fears.
~ Francois de La Rochefoucauld
AZ QUOTES

Kieran Bird's work here provides a useful analysis and set of tools on the topic of building self-confidence, and provides a through body of supporting evidence for why this benefits organisational productivity and effectiveness. It's a happy case of what's good for the individual is good for business. Based in research Kieran has carried out internationally, this is not just another self-help book, but a practical and evidence-based approach to developing "unshakeable Self-Confidence". The author walks us through the hows and whys of it all in an accessible style and gives clear guidance on how to achieve unshakeable self-confidence.
- Michael Stevens, Programme Director, The Rainbow Tick

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A considerable body of evidence supports the view that organisations have tremendous potential to increase productivity through improved individual self-confidence. The past research is summarised here along with the findings of a survey commissioned in four countries. The survey results make for important reading for any organisation looking to improve productivity, innovation and effectiveness. The author goes on to provide tested techniques for any individual to rapidly improve their self-confidence, enabling personal growth, joy and effectiveness.

$35.00

ISBN 10 :1545371245
ISBN 13: 9781545371244

www.unshakeableself-confidence.com

Unshakeable Self-Confidence

KIERAN T. BIRD

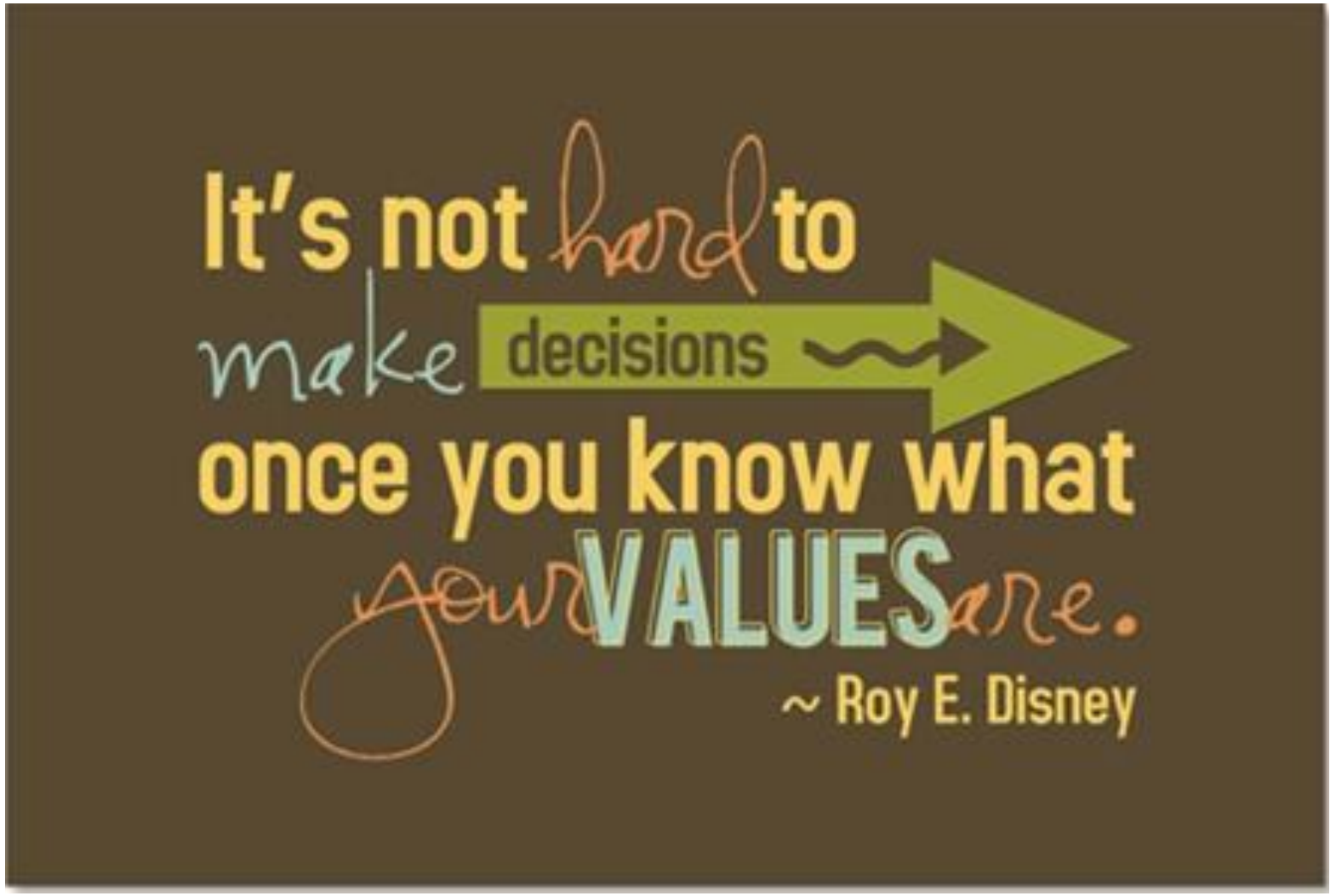
Unshakeable Self-Confidence

Why Organisations Should , and How Individuals Can , Develop Higher Self-Confidence

Agenda

1. Why do we vary so much?
2. Values
3. Weaknesses and fear
4. Goal setting and achievement
5. Physiology
6. Keeping positive aka the 14 ‘secrets’ of the slow release dopamine diet

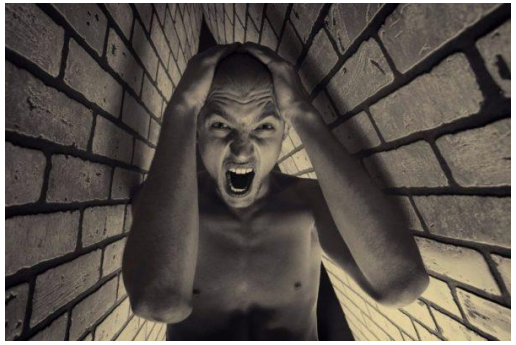
What's the difference?


It's not hard to
make decisions
once you know what
your VALUES are.
~ Roy E. Disney

What are your core Values?

Accuracy
Autonomy
Beauty
Caring
Comfort
Creativity
Contribution
Duty
Fame
Family
Fun
Growth
God's Will
Happiness
Hard work
Harmony
Health
Honesty
Honour
Hopefulness
Humour
Independence
Individuality
Inner Peace
Justice
Knowledge
Leisure
Love
Loyalty
Mastery
Pleasure
Popularity
Power
Purpose
Romance
Service
Tolerance
Wealth
World-Peace

What do you fear most?



The Squeeze

The Squeeze

1. Small breath in through mouth
2. Breathe ALL the way out
3. Hold breath while squeezing fists tightly for 6 seconds
4. Relax

Fear of Confrontation

Suppression

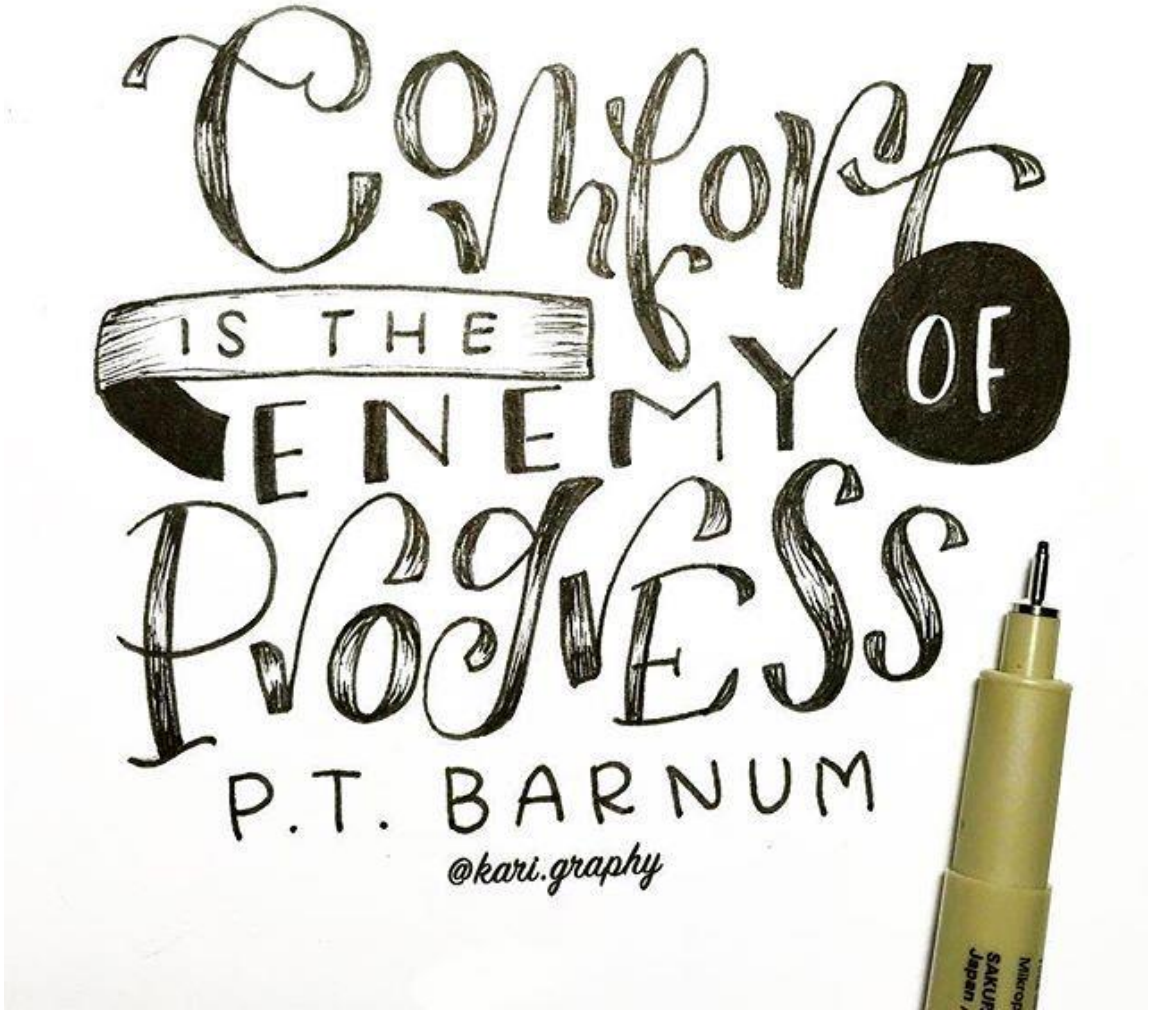
+ Repression

+ Denial

= Illness

Confronting without Aggression

1. I feel (not “you”)
2. When (issue/example)
3. Because (reason)
4. And what I’d like is.. (Agreement)


Comfort
IS THE
ENEMY
OF
PROGRESS
P.T. BARNUM
@kari.graphy

The Comfort Zone Effect

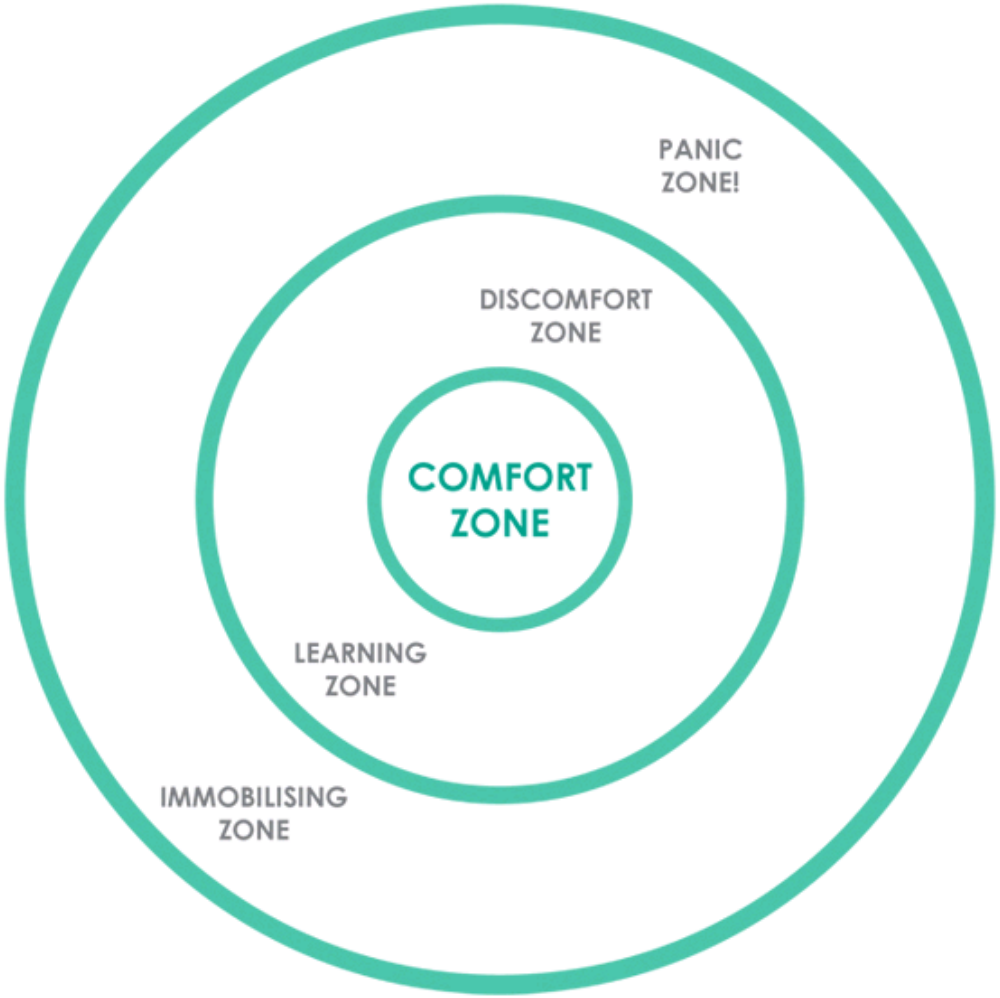
Comfort Zone

Complacency

Frustration

Unhappiness

COMFORT ZONE MODEL



Systematic Desensitisation

Worry

The Worry Buster®

1. Define the problem in writing
2. Write out the worst case scenario
3. Resolve to accept the worst, should it occur
4. Immediately work on stopping it from happening

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Weaknesses

MINE
YOURS
OURS

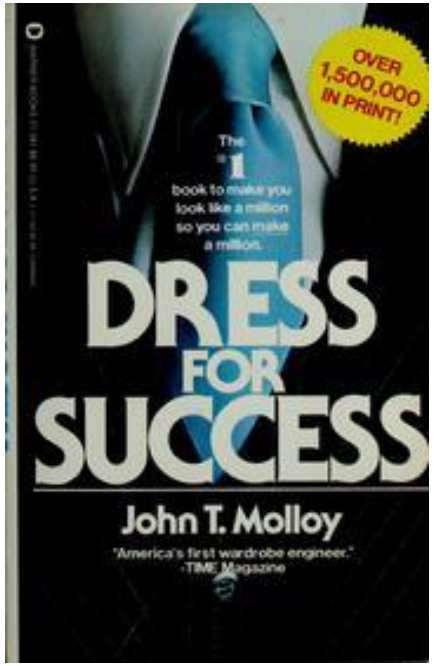
What is Decision Making?

How To Get
EASILY OFFENDED
knoxville moms blog

GREED

Goal Setting

1. Decide exactly what you want from life
2. Write it down
3. Set a deadline
4. Identify obstacles
5. Make a list of what you need to do
6. Organise it by priority
7. Get started
8. Look at your goals, and work on them, every day

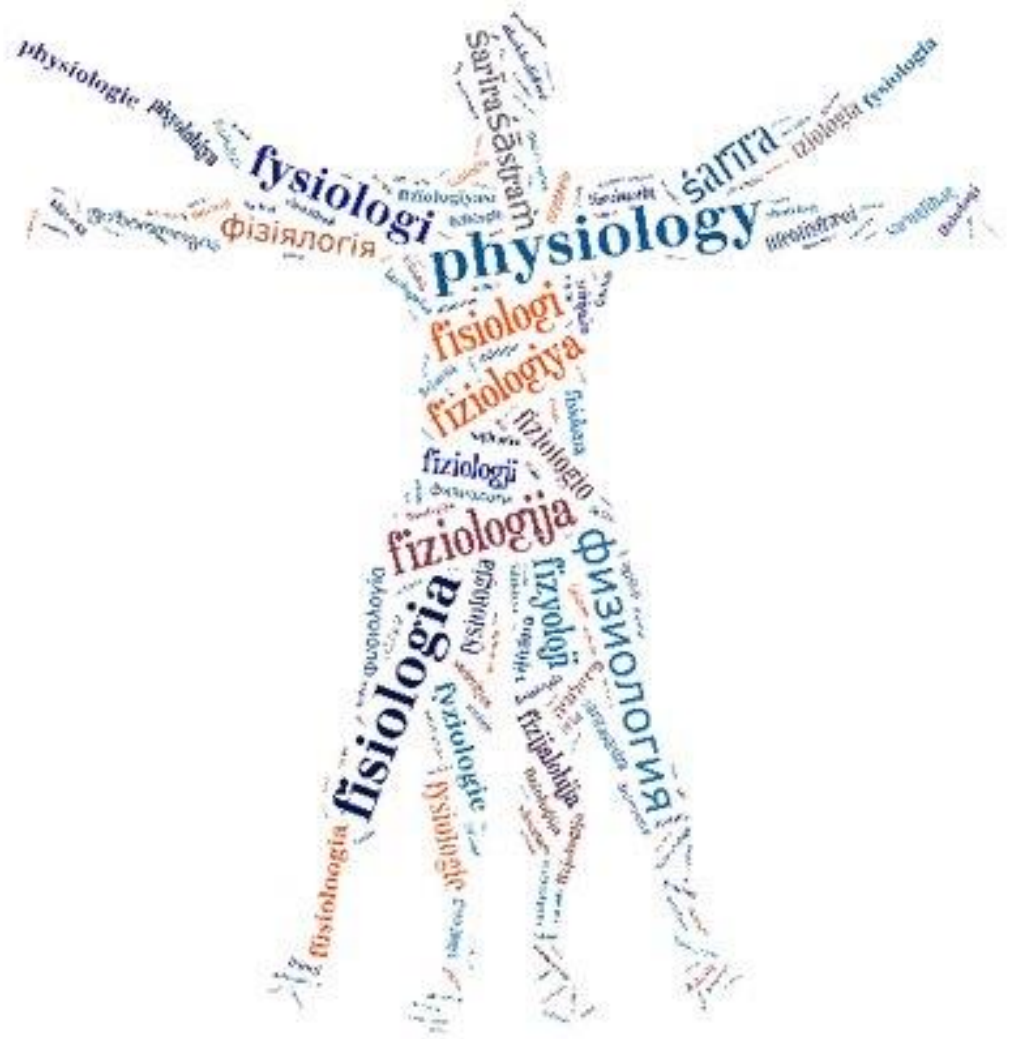


"FACT: People who look successful and well educated receive preferential treatment in almost all of their social or business encounters."
– John T. Molloy

I
ME
HEALTHYPLACE.COM

Personal Branding

- Are you happy with your appearance?
- Does your body language say so?
- Fake it till you make it
- Appear confident and that is the way you will be perceived
- Confident people are treated with more respect
- Being well-treated builds self esteem & confidence


physiologie
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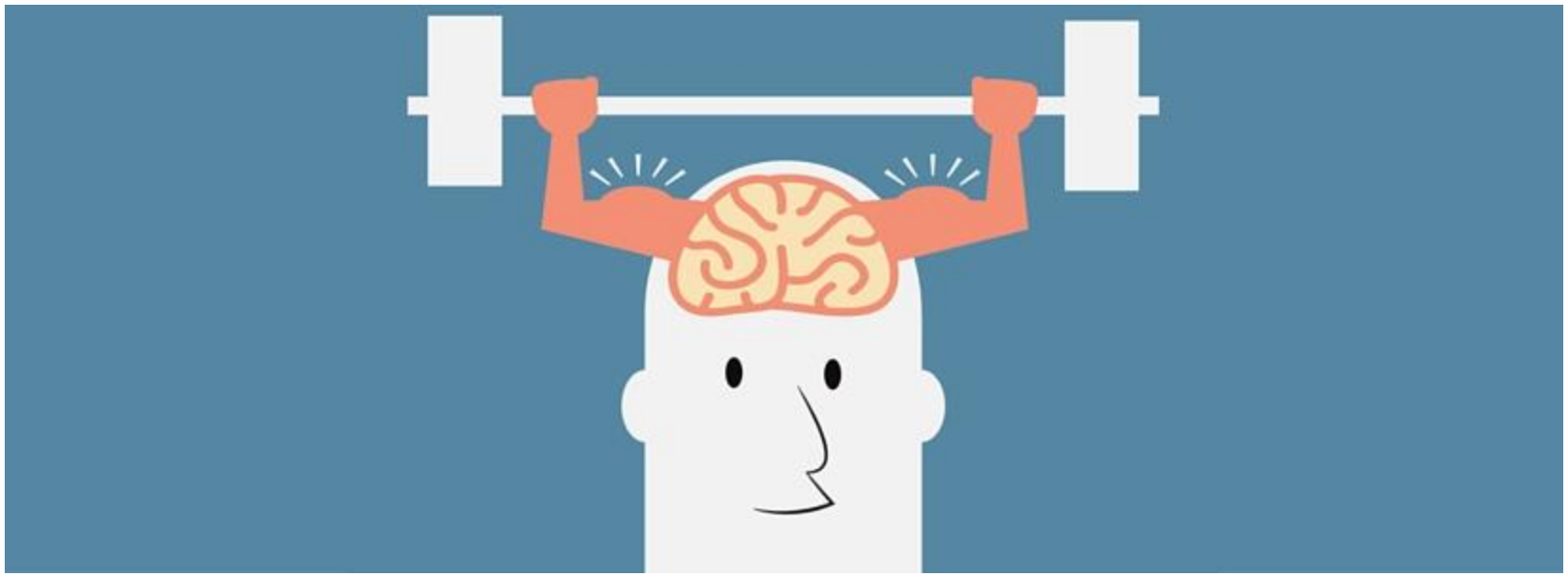
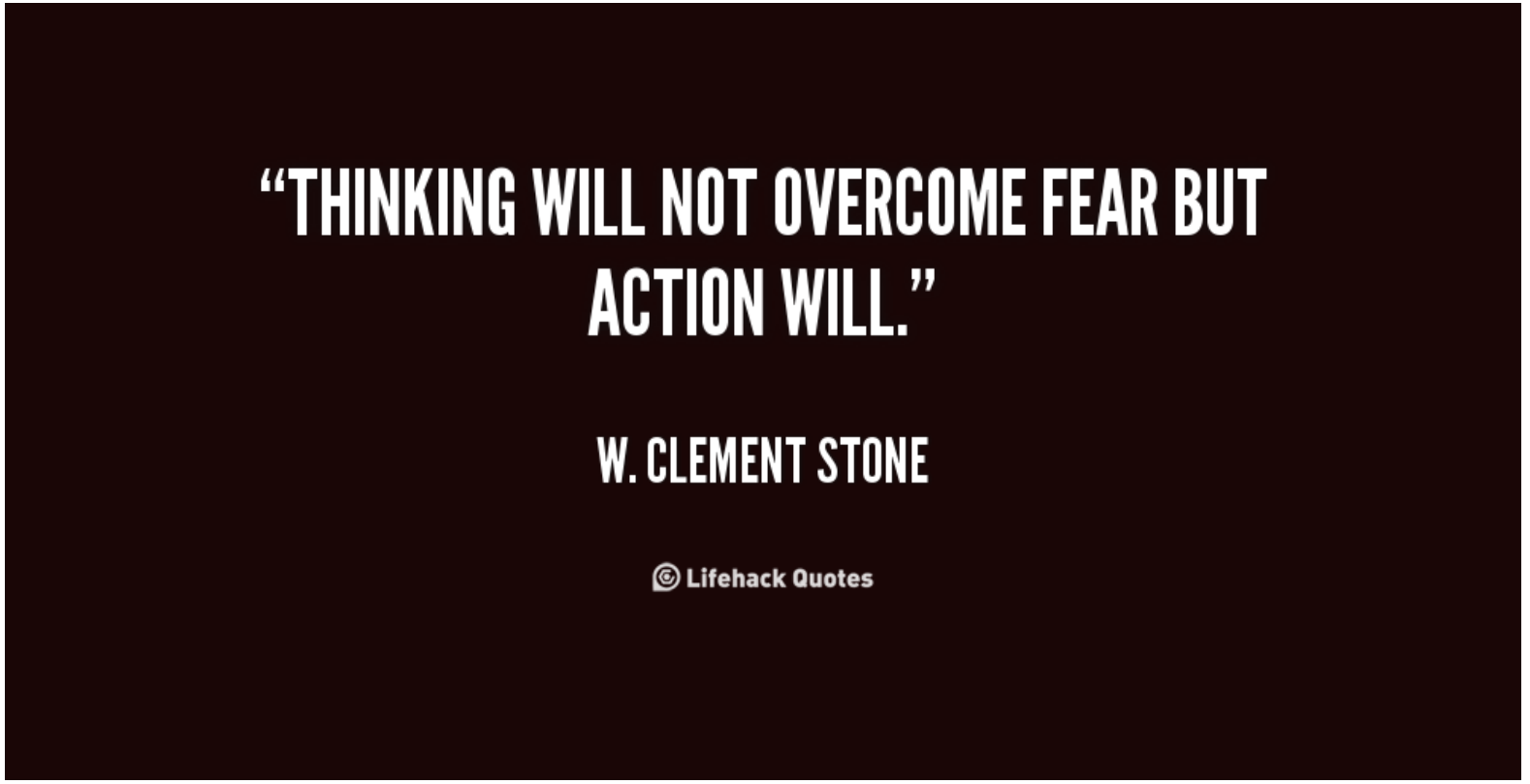
fisiologia

FIGHT
FLIGHT
FREEZE

BOUNCER

Walk
like a
BOSS




"THINKING WILL NOT OVERCOME FEAR BUT ACTION WILL."
W. CLEMENT STONE
Lifehack Quotes

Articulation Tip: Mastering Slow Rate of Speech!

Develop a Strong HE-MAN VOICE!

PEOPLE RESPECT A FULL-TONED, *BIG* VOICE

Add *controlled* strength to that voice of yours and people will listen when you talk. A stronger voice may make you more interesting, more persuasive, more poised. What you say will have more importance, when your voice has new VIGOR, CHARACTER and STEADY POWER.

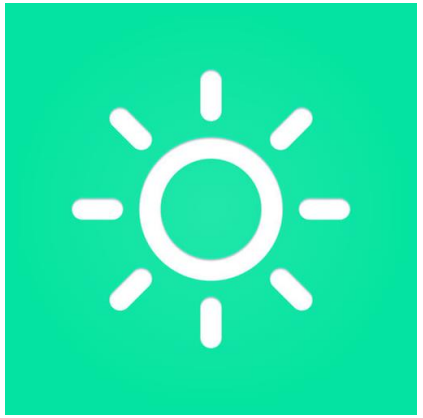
The 14 'secrets' of the Slow Release Dopamine Diet

1. Exercise
2. Eat Well
3. Get adequate rest
4. Visualise positive outcomes
5. **Meditate**
6. Tell yourself 'I am responsible'
7. Make daily positive affirmations
8. **Play 'Mood Mint'**
9. Spend time with positive people
10. Keep a gratitude journal
11. Read or listen to positive, motivational material
12. Work your goals daily
13. Feel good about the way you look
14. Exercise self-discipline

Cognitive Bias Modification

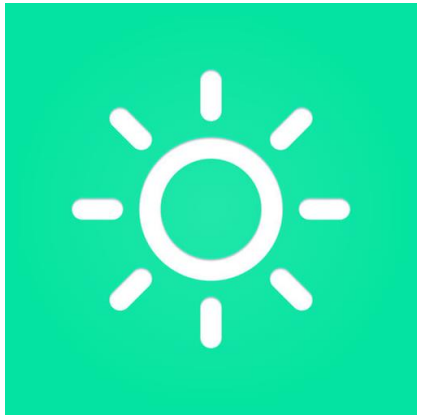
biasmodification.com

Mood Mint



Mood Mint

- Social Anxiety Disorder study
  – 72% of participants cured
- 7 days of bias modification improved the mood of depressed patients in Oxford study
- 2010 - 12 studies - effective treatment for anxiety



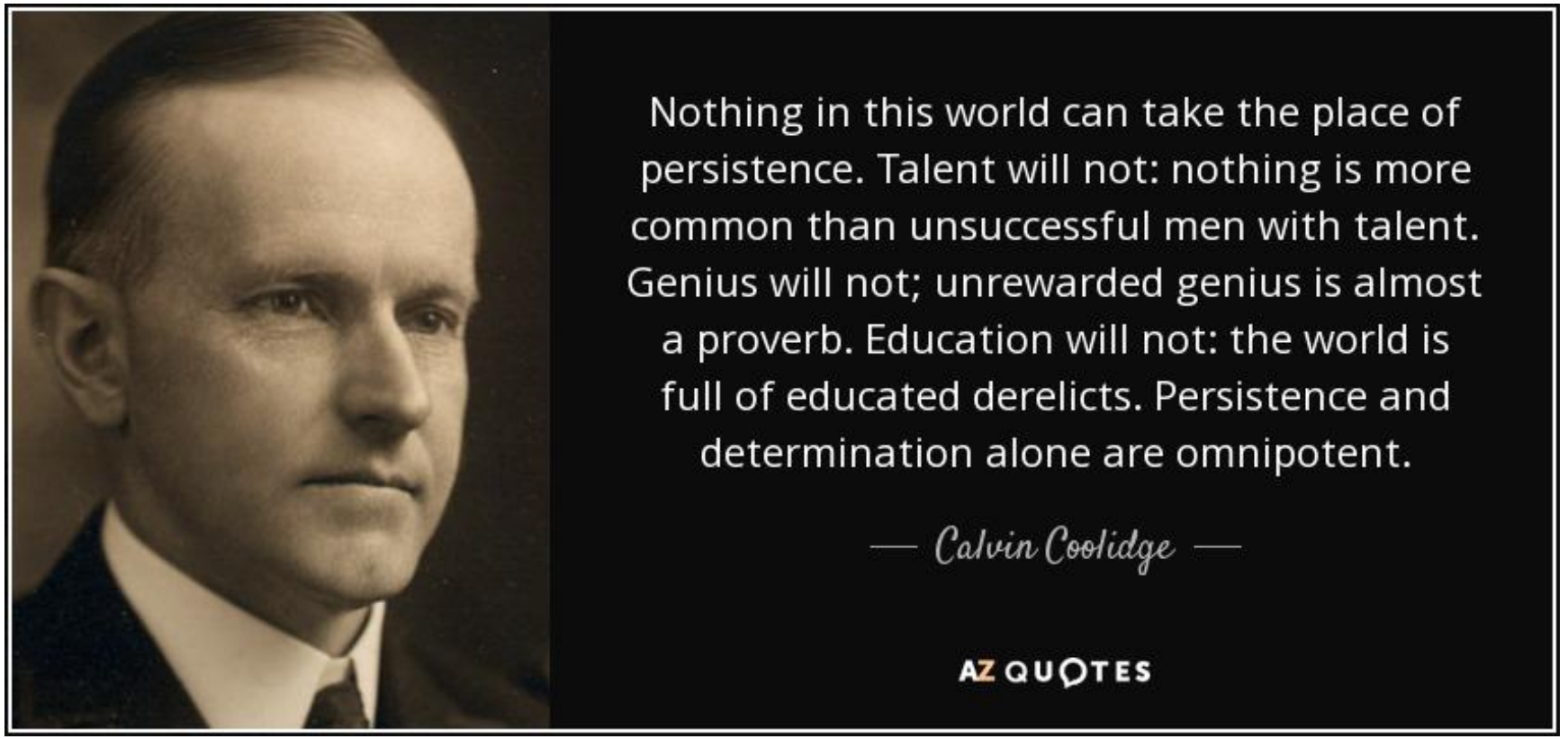
"Cognitive bias modification may put the psychiatrist's couch out of business"

THE ECONOMIST, MARCH 2011

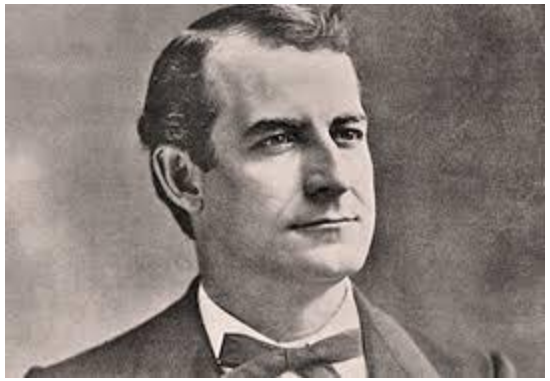
The Economist

Benefits Of
MEDITATION
Reduces pain and enhances the body's immune system.
Reduces feelings of depression, anxiety, anger and confusion.
Increases blood flow and slows the heart rate.
Provides a sense of calm, peace and balance.
Helps reverse heart disease.
Helps control thoughts.
Increases energy.
Reduces stress.

Commitment & Follow-Through



In Summary..



"The way to develop self-confidence is to do the thing you fear and get a record of successful experiences behind you."
- William Jennings Bryan

Kierantbird.com

Do you fancy a free copy of the book?

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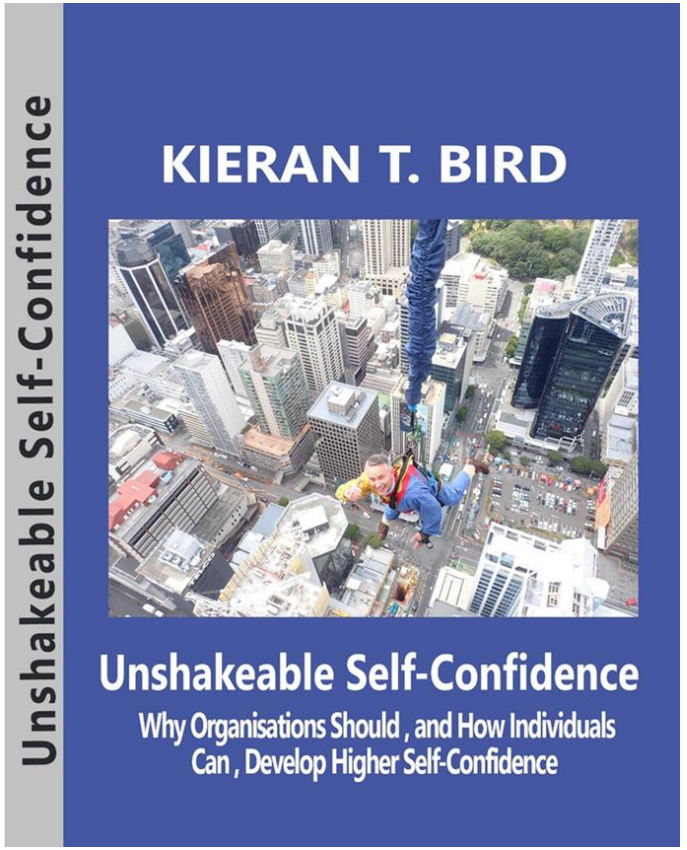
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