

EMPOWERED CONNECTIONS PART 6  
CONFIDENCE: HOW TO BE CONFIDENT  
COACHING

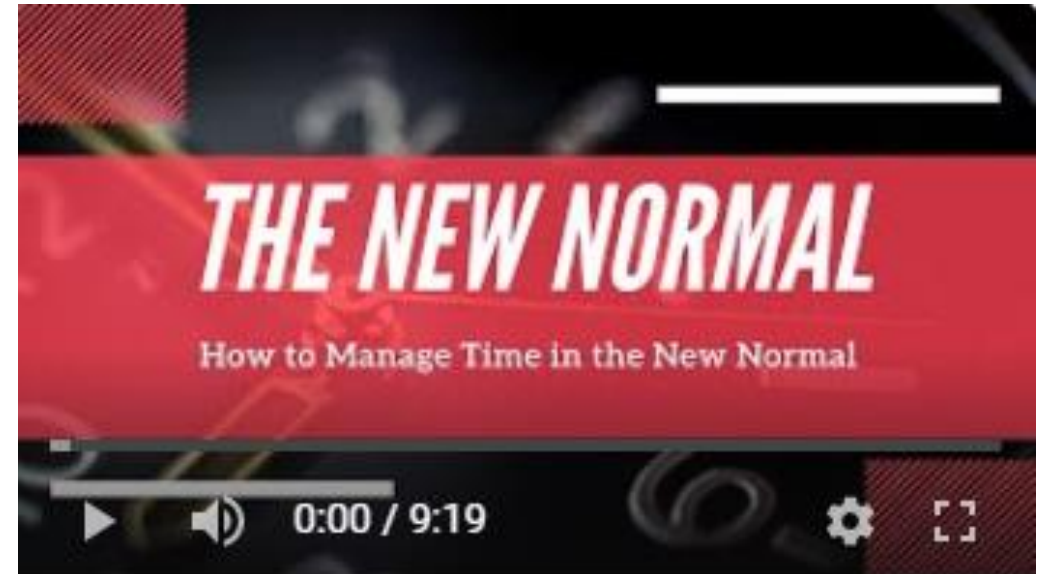
*With Louise Anne Maurice*

# HAVE YOU IMPLEMENTED THE PLANS?

<https://youtu.be/IdetPSHGevc>



<https://youtu.be/wdQlxbRQCdU>



# WHAT KIND OF RESISTANCE OR PUSH-BACK DID YOU EXPERIENCE FROM YOURSELF OR OTHERS?

## Dictionary

Search for a word



**push·back**

*/ˈpʊʃˌbæk/*


*noun*

noun: **push-back**

1. a negative or unfavorable reaction or response.  
"we got some pushback on the new pricing"

# How Many What If's Did You Use?

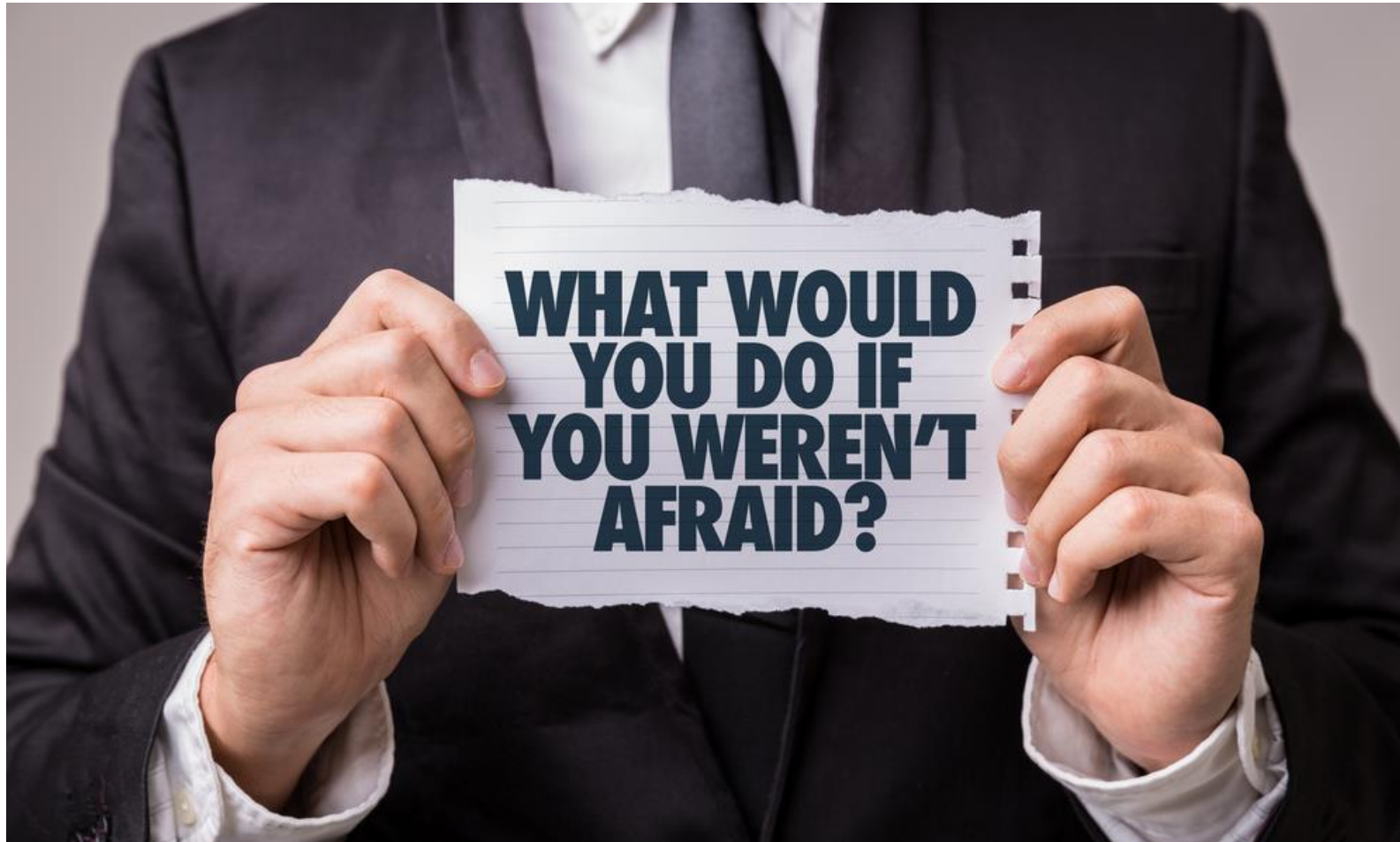
**WHAT IF.....**



**DESCRIBE THE PUSH-BACK**

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# What Would You Do or Say if You Weren't Afraid to Lose Their Love or Approval?



# WHAT DO I NEED TO KNOW ABOUT BEING MORE CONFIDENT WHEN COMMUNICATING?

**WHAT DO I NEED TO KNOW?**



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# ASK 2 IMPORTANT QUESTIONS

## What's In It For Me?

- When I listen to my needs, what response do I hear?
- Who am I watching respond?
- Do I feel safe to share? Why or why not?
- What am I willing to learn from this experience? What am I resisting?

## What's In It For Them?

- When I listen to their needs, what response do I hear?
- Who am I watching respond?
- Do they feel safe to share? Why or why not?
- What are they willing to learn from this experience? What are they resisting?

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