Confidence is Key

Unstuck to Unstoppable.

Dr. Malaika Turner

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“What is one thing you’ve done—or could start doing—to strengthen your confidence as a leader?”

The Architecture of Confidence



Self-Trust.

The inner belief in your own abilities, decisions, and worth—regardless of external validation.

Adapted from Albert Bandura (1997), Amy Cuddy (2015), and Harvard Business Review.

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“

Self-Efficacy: The belief in your ability to successfully perform a task.

— Albert Bandura



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Imposter Syndrome in the Wild

Doubting your skills, talents, and achievements—and fearing exposure.



In Meetings.

(The silent fear of speaking up)



At a Conference.

(The feeling of not belonging among peers)



With a Customer.

(The anxiety of being "found out" mid-pitch)

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The Mindset Matrix

Fixed Mindset

The Monologue:

"This is how it's always been."

"I'm just not good at dealing with people."

The Fear:

"If I make a mistake, I'll look stupid in front of everyone!"

Growth Mindset

The Monologue:

Resilience and adaptability.
Learning over perfection.

The Result:

20% higher job satisfaction.

Source: LinkedIn Workplace Report, 2024.

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The Neuroplasticity Reality Check

86 Billion Neurons

60,000 – 80,000 thoughts a day.



80% of them are negative

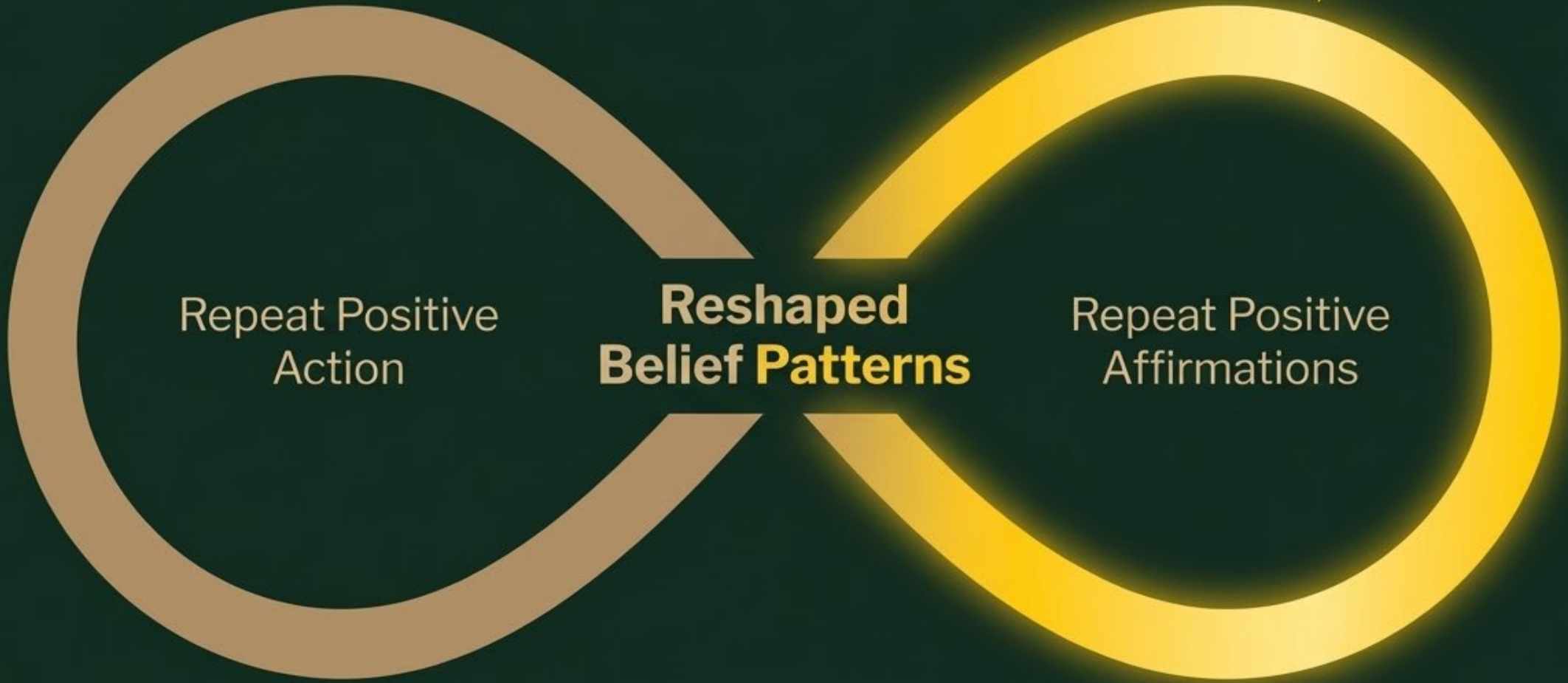
95% of them are repetitive

What you take in and what you rehearse physically impacts the brain.

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Rewiring the System

The brain ***can*** learn confidence.



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Strategy 1: Cultivate Micro-Wins

"Every win and every loss added up to my confidence. It's about learning, not perfection."
— Serena Williams



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Strategy 2: Change the Mental Narrative



Audit your self-talk.

Replace the negative with positive, motivating, and encouraging framing.



"You are where you are in life because of what you believe is possible for yourself." — Oprah Winfrey

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"Confidence is built in the small moments when no one is watching but you choose to lead anyway." — Simon Sinek

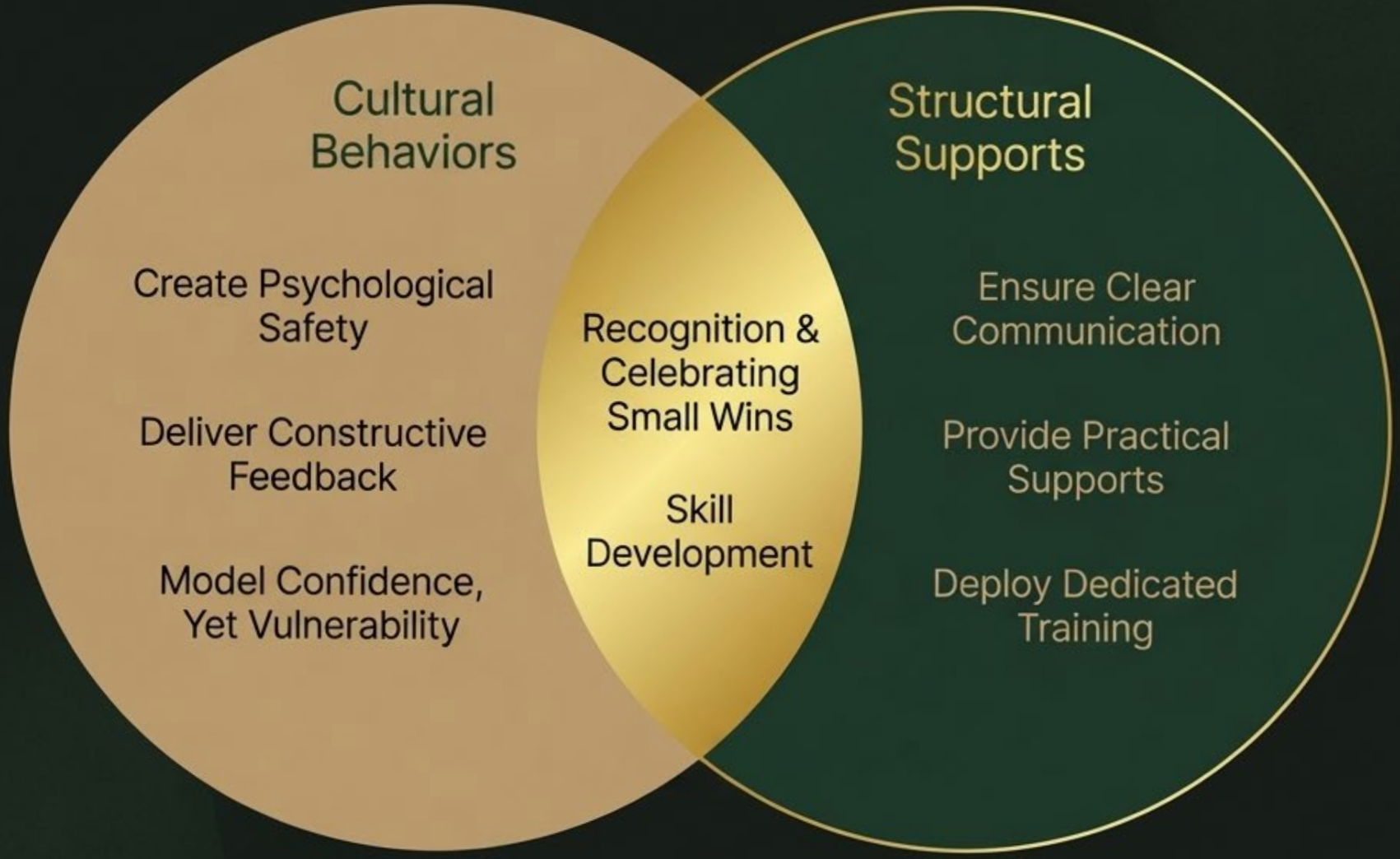
Individual confidence requires an ecosystem to thrive.

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“What is one situation right now where you know you need to show up, speak up, or lead—but you’ve been holding back?”

“What would it look like to lead anyway in that moment?”

The Culture of Confidence Blueprint



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The Frontline Catalyst



Frontline leaders are the crucial translation layer between organizational strategy and individual confidence.

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“Confidence is contagious.
So is lack of confidence.”
— Vince Lombardi

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CONFIDENCE IS KEY

LET'S STAY CONNECTED.

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