



## **Authentic Confidence for Women**

### **An Experiential Development Programme**

#### **What is Authentic Confidence?**

Authentic Confidence is a genuine, sustainable sense of confidence experienced in one's mind, body and emotions. (Anna Kane, 2017)

Are you a woman in the workplace? Are you looking to develop your leadership skills or progress in your work? Have you ever been told to "just be more confident", or "behave like a man to get what you want", or been given contradictory messages about your confidence levels? Women frequently receive such messages and can often be left feeling confused about what to do.

Work Psychology Hub's Authentic Confidence course is designed specifically for women in the workplace who want to raise their game. This course is not a quick fix designed to temporarily boost your self-esteem only for it to deflate a few days, weeks or months later. This course will provide you with the opportunity to build confidence that is truly authentic and lasting.

#### **How does the programme work?**

This is no ordinary course! By participating on this inaugural programme you will join a cohort of women who also want to grow, develop and transform their lives both at work and home.

There are eight meetings which will last two hours each. Typically the first hour of each meeting will be a learning session with a specialist in their field, ranging from voicework to nutrition. The second hour is a group coaching session with a Chartered Occupational Psychologist Coach.

You will also engage in online learning that will run throughout the duration of the programme which will complement the content of the meetings. This is completed independently, to provide flexibility around when it is undertaken.

You will be required to practice what you have learned from the experts and the online courses to get the most out of the programme. You should therefore expect to allow 30-45 minutes daily, although you may want some time off at the weekends!

#### **Who are the experts?**

Each of the experts have been hand selected by Anna Kane as a result of working with them all and their work having inspired her in her own personal journey of growth and development. For example, Anna attends yoga with Sarah Miles most mornings. Each expert is highly qualified and experienced in their specialist field – you will experience a range of disciplines that contribute to building authentic confidence. Each discipline is taught to 'stand-alone', yet all of the disciplines complement each other and work effectively as a holistic approach.

#### **Where and when does the programme run?**

The programme will run in central Brighton, minutes from Brighton train station. The introductory session will get the cohort started on the 10<sup>th</sup> May. It will continue run on the second Wednesday of each month, 6pm – 8pm\*. There is no meeting in August. 'Graduation' will be in January 2018. *\*Due to filming taking place, sessions may run over a little.*



## **Tell me more about what makes it a pilot?**

You have the opportunity to be part of this inaugural programme! The experts know exactly what they're doing, so the content is sound. However, we are testing out some of the practicalities of combining the disciplines. We will be collecting data from everyone taking part so we can fully understand the impact the course has. Finally, we will be filming the course. You can opt out of being featured in the footage - the main focus is on the experts anyway. The coaching session will not be filmed due to its confidential nature.

## **What will be learned on the programme?**

### **Mindfulness**

Learning mindfulness to support your personal development is like building the foundations of a house. This will be introduced at the first session and you will manage your own learning thereafter online. It will naturally complement the content delivered by the experts.

This mindfulness course is well established; it was written by the experts at The Mindfulness Association and Anna Kane has created the online version. You will access Anna's expertise in teaching mindfulness via recorded audio, a manual and one-to-one interactions with students on the discussion forum. You will therefore receive personal attention whilst benefiting from the group learning environment.

### **Compassion**

At the course half way marker (month four) you will start the course in compassion. This builds on the mindfulness course and will continue to support the experiential learning with experts. Compassion is a powerful tool for personal growth and transformation. At its core is self-acceptance, which is in turn, at the core of authentic confidence.

### **Voice work and Breathing**

Dorothy Rosser, a voice coach will help you develop dynamic vocal strength, clarity and range. The range of skills and techniques used will enable you to fulfil your performance and presentation potential, facilitating confidence, clarity and impact.

*More about Dorothy: Dorothy has an MA in Voice Studies from Central School of Speech and Drama and fifteen years' experience as a voice teacher and Voice Movement Therapist. She works with groups and takes individual sessions.*

*She is a lecturer in voice and Presentation skills at the American Intercontinental University and also runs the voice syllabus for the Foundation course at The Academy of Creative Training in Brighton.*



## **Focusing**

Sandy Gee will teach you focusing; a process of attending to a 'felt sense' in the body. Focusing provides the opportunity to connect to your most intimate inner experience and the deepest transformations can occur.

More about Sandy: Sandy has been focusing for over 15 years. She qualified at MA level in 2008 in Focusing and Experiential Psychotherapy and is a Focusing Institute Focusing Trainer.

She offers 1:1 focusing sessions, Focusing-Oriented psychotherapy supervision, and teaching and mentoring of the focusing process.

## **Nutrition**

Claire Stone, a nutritionist will show you how when you eat and drink 'good stuff', you feel better, more productive, more creative and more engaged in life and work. She will share her informed insights that will enlighten your thinking on how nutrition feeds your emotions.

More about Claire: Claire is a nutritionist, not a food dictator. She is pictured on her website scoffing an ice-cream. She has a Practitioner Diploma and an Advanced Diploma in Nutritional Healing from The Nutritional Healing Foundation.

She works with individuals and runs workshops in schools and businesses.

## **Menstruality**

Mandy Adams, a menstruality educator will teach you that the most tangible way that a woman can come into harmony is by observing her own individual menstrual cycle (or moon cycle if no longer menstruating). Experiencing and feeling the changes in our bodies consciously at each menstrual cycle we can begin to track and harness the 'Inner Seasons' of own unique rhythm.

More about Mandy: Mandy is qualified in aromatherapy, yoga, counselling, meditation, has a BA hons in Steiner Teaching, Women's Quest Apprenticeship training, Healing the Mother, Women in Council, Women in Power Initiation, Shadow Work Facilitation, Womb Yoga... the list is extensive!

She offers 1:1 coaching, workshops, mentoring, rites of passage and red tents.

## **Yoga**

Sarah Miles, an astanga yoga teacher will get even the stiffest and least flexible members of the group on the yoga mat. She creates a safe, nurturing and trusting environment that is comfortable and accessible to all. Through the power of movement and compassion, learn about yourself and your habits.

More about Sarah: Sarah has practiced Astanga Yoga since 1998. She studied in Mysore India in 2002: Therapeutic Yoga, Pranayama and the Sutras. She passes on the Traditional method of Astanga yoga as taught to her in the lineage of Sri K.Pattabhi Jois.

She runs classes twice daily.

## **Voice and group**

Kirsty Martin, a group and voice facilitator, will run sessions that enhance your ability to engage in interpersonal communication, communicate non-verbally and deal with difficult communications such as energy blocking and sabotage.



More about Kirsty: Kirsty is a qualified teacher, having worked in tertiary and secondary education for 15 years, and a qualified workshop leader.

She works with corporations, community choirs, singing groups and theatre groups.

### **Conclusion meeting**

The final meeting will be a chance for you to review and bring together everything you've experienced and learned. It will be a chance to think about the future and how what you learned can be integrated into your daily work and life. There will also be a surprise expert who will treat you to one final session as a group.

*Having read through the various elements of the programme, you may find some appeal more than others. Some elements may feel unappealing and perhaps even that some are anxiety provoking. Everyone is different but keeping an open mind about each aspect of the course will give you a wider range of learning opportunities and will result in a more rounded development journey.*

### **More about Anna Kane**

Anna Kane has designed and developed the Authentic Confidence course based on years of working with individuals wanting to progress within their careers, her studies and research, and her own personal experiences. "Time and time again I heard women being told they needed more confidence, or confessing that they lacked confidence, often when they were highly skilled and competent. The most frustrating bit was that no-one seemed to know what to do about it. Hence the Authentic Confidence course was born!"

Anna brings years of experience with her personal Mindfulness and Compassion practice and teaching, and facilitating organisational assessment, development and training events. As a Chartered Occupational Psychologist for the last 10 years, Anna has experience working with both public, private and third sector organisations across a range of industries.

She completed her Mindfulness Teacher Training at Bangor University and with the Mindfulness Association. She has studied a Post Graduate Diploma in Mindfulness and Compassion with Aberdeen University, and is currently doing a Professional Doctorate at Kingston University. She is researching authentic confidence in the workplace. Anna is also an experienced registered Coaching Psychologist. Her first degree is in Behavioural Science and she also holds a MSc in Occupational and Organisational Psychology.

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