

SPEAKING TOPIC 2:



A playful approach to building confidence

It is part of the human experience to lose confidence at times, and when this happens it can lead to feelings of shame, failure, low motivation, stress and anxiety. No one can perform at their best when confidence is low.

The good news is confidence can improve and when it does, it's contagious! One confident and encouraging leader can improve the confidence, decision-making and performance of a whole team.



In this talk Hazel shares her Lumination® approach to leadership and supports the audience to increase their confidence around a current challenge. She describes how using a sense of play helped her to build her confidence to create of a powerful coaching game which transforms people's lives and work. She shows how we can find the confidence we need to succeed and support others to do the same.

Who is this talk for?

- Organisations that want to create a positive, thriving working environment.
- Companies that want to develop their people to be at their best.
- Organisations that want to boost confidence, motivation and innovation in their leaders and teams.
- People who know they have more to give and are ready to step up to the challenge of becoming the leader they truly are.

What will the audience gain?

- They will learn how to create a compelling vision of themselves at their best.
- They will learn how to measure and improve confidence levels in themselves and their teams.
- They will come away with some practical tools to improve confidence now and in future.