



The Three T's of Confidence

FOR LEADERS

ERIK DOMINGUEZ





WHAT IS CONFIDENCE?



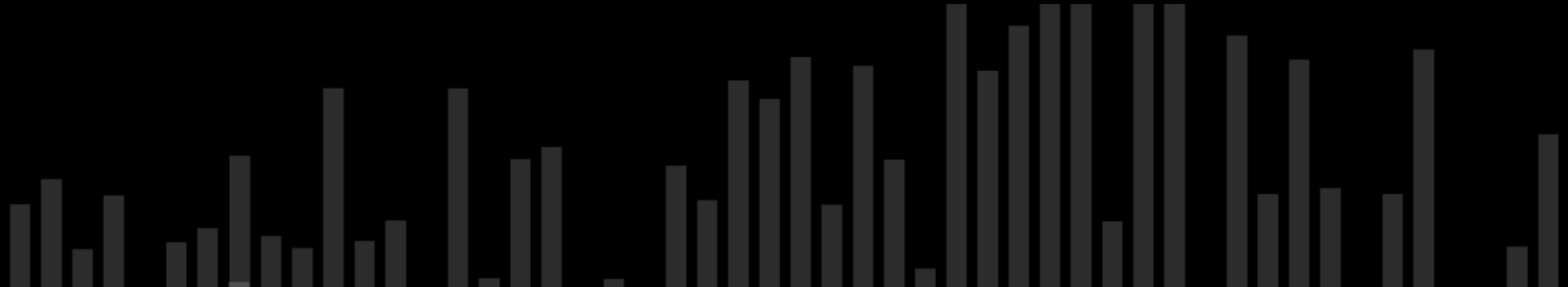


Low self-confidence can result in a fear of failure,
which can manifest as stress, anxiety, and even depression.
In the workplace, this can lead to a lack of innovation and risk-taking due to employees' fears of being criticized or failing.

NATHANIEL BRANDEN, *SELF-ESTEEM AT WORK*

Confidence & Comfort

CANNOT COEXIST



THIS IS WHO I AM:

Bachelor of Arts in
English Literature

Masters of Science in Curriculum
Instruction and Assessment

Master of Science in Strategic Communications (In Progress)

National Speaking
Association Member

Certified as an Advanced Professional
Public Speaking Trainer and Coach

Certified Master Trainer
for Crucial Learning

Certified Enneagram
Facilitator and Coach

25+ Years Experience as a Speaker and Communications Coach



THIS IS ALSO
WHO I AM:

IMMIGRANT

NEURODIVERGENT



THE THREE T'S OF **CONFIDENCE**



SCAN QR CODE

FEEDBACK, CONNECTIONS AND A GIFT!



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THIS IS ALSO
WHO I AM:

IMMIGRANT

NEURODIVERGENT

INTROVERT



THE THREE T'S OF **CONFIDENCE**



CONFIDENCE IS...

the **courage** to step into a BIG vision,
the ability to **embrace the unknown** and,
the **commitment** to
see it through to the end.



CONFIDENCE IS

transforming

FEAR

into

FUEL



THE THREE T'S OF CONFIDENCE

T
T
T



ACTIVITY

- 1 Find the person you know the least.
- 2 Briefly introduce yourself.
- 3 Decide who is going to be Partner A and who is going to be Partner B.

THE THREE T'S OF CONFIDENCE

**THERE ARE
NO SHORTCUTS
TO EXCELLENCE.**

**TIME
T
T**



WHIRLWIND
is the work
behind the work.

ZONE OF GENIUS
is the work that
doesn't feel like work.

CHRIS MCCHESENEY, *THE FOUR DISCIPLINES OF EXECUTION*

BUILD CONFIDENCE WITH YOUR **TIME**



ACTIVITY



- 1 Take 30 seconds to list your **WHIRLWIND**.
- 2 Take 30 seconds to list your **ZONE OF GENIUS**.

BUILD CONFIDENCE WITH YOUR **TIME**



If I only lived for the major, newsworthy milestones, I'd be miserable.
Instead, I focus on small wins and create an alternative way to
measure success and happiness.

**Know what you are good at and what you like doing, and
spend as much of your workday doing exactly that.**

AYTEKIN TANK, *AUTOMATE YOUR BUSYWORK*



TO BUILD CONFIDENCE WITH **TIME**, PRACTICE **CONFIDENT PACING**

Spend 80% of your time in your
zone of genius at 80% speed.

BUILD CONFIDENCE WITH YOUR **TIME**



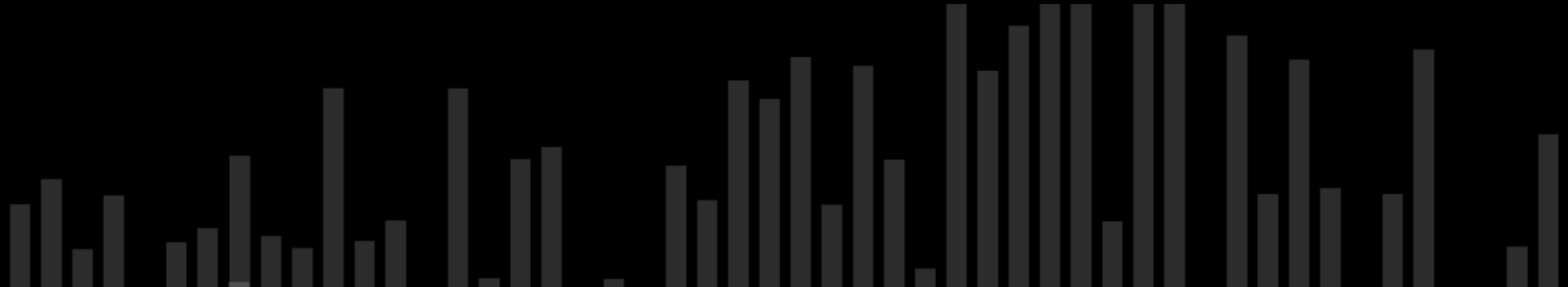
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**TIME
TALENT
T**



~~Imposter SYNDROME~~

~~Imposter EXPERIENCE~~

LEADER

BUILD CONFIDENCE WITH YOUR **TALENT**

Leaders Navigate The Unknown





LEADERS AND LOSS AVERSION

The pain of losing is psychologically twice as powerful as the pleasure of gaining.

DANIEL KAHERMAN, *THINKING, FAST AND SLOW*



The sum of what I've learned as a psychotherapist, Episcopal priest, spiritual director, and as a person on my own journey of transformation boils down to one simple fact:

**All transformation begins
with story transformation.**

IAN CRON, *THE STORY OF YOU*



ACTIVITY

FOR ONE FULL MINUTE YOU
WILL **BRAG** ABOUT YOURSELF!

- 1 These brags get to be true!
- 2 There is no discounting your brags!
- 3 There is no comparing your brags!

BONUS RULE: This is not a list of what you like. It is a list of your talents, skills, and accomplishments.

BUILD CONFIDENCE WITH YOUR TALENT



TO BUILD CONFIDENCE WITH **TALENT**, PRACTICE **ACTING AGAINST**

Work Against Imposter Experience by
Gathering Evidence for Your Talent.

BUILD CONFIDENCE WITH YOUR **TALENT**



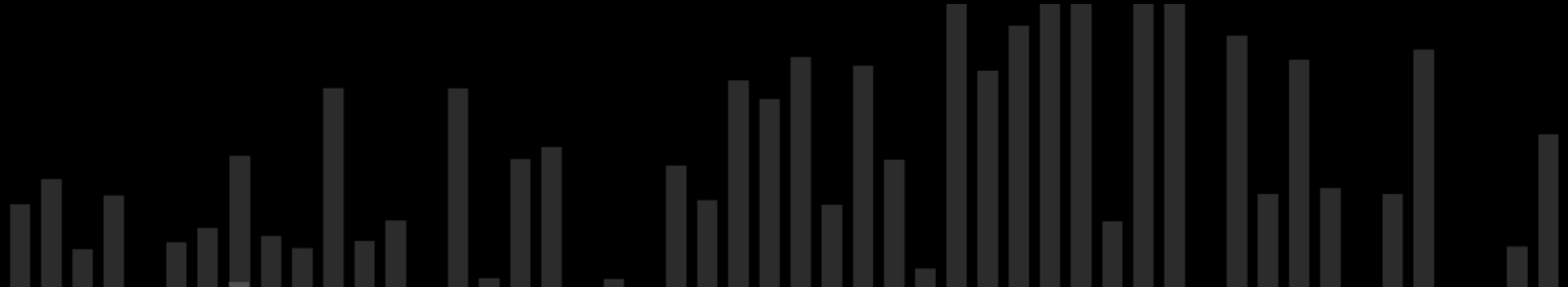
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**TIME
TALENT
TENACITY**

BUILD CONFIDENCE WITH YOUR **TENACITY**



RESILIENCE

Resilience refers to one's ability to recover quickly from difficulties or challenges.



TENACITY

Tenacity involves holding steadfast to a course of action, belief, or purpose without allowing oneself to be diverted or dissuaded.



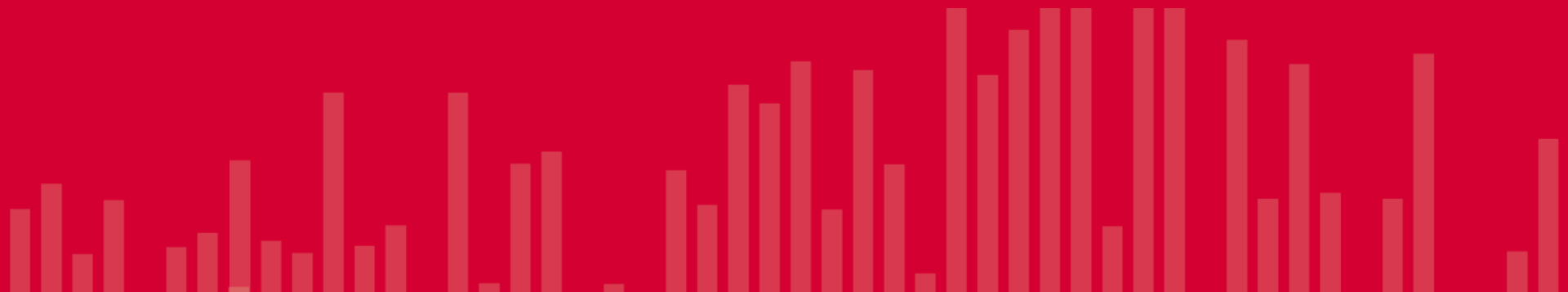
[Actor] Henry Fonda was still throwing up before each stage performance, even when he was seventy-five.

In other words, fear doesn't go away.

The warrior and the artist live by the same code of necessity, which dictates that the battle must be fought anew every day.

STEVEN PRESSFIELD, *THE WAR OF ART*

DO – HAVE – BE



BE – DO – HAVE



TO BUILD CONFIDENCE WITH **TENACITY** PRACTICE **RESPONSIBILITY**

Responsibility is
your ability to respond.

BUILD CONFIDENCE WITH YOUR **TENACITY**



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The greatest moments in your life happen outside of your comfort zone.

And a comfort zone once stretched, can not go back to its original size.



Confidence & Comfort

CANNOT COEXIST

TIME

TALENT = CONFIDENCE = GOODER

TENACITY



THANK YOU!



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