



Confidence

A Goodreads search for 'confidence' books under the personal development tag returned over 600,000 results - that's a lot of people talking about confidence. It's a popular topic in the coaching room: behind lots of coaching agendas is the desire to take the action/make the decision/tackle the challenge/say the words (delete as appropriate).

What does confidence look like to you?

When do you feel most confident and at your best?

How would others describe your strengths and the value you bring?

What would be different for you if you believed in yourself fully?

Is this something you need further support with?
Use [this link to my calendar](#) to book a 30 minute call to explore how coaching can help you here.

InishCoaching

Leadership Development • Career Progression

