

Confident & Killing It

@TIWALOWLA

@CONFIDENTANDKILLINGIT

**ABOUT ME-
TIWALOLA
ADEBAYO**

***Confident
& Killing It***

**FOUNDER
CONFIDENT AND KILLING IT**

**QUALIFIED LIFE COACH SPECIALISING IN
POSITIVE PSYCHOLOGY**

**IF OPRAH AND BEYONCÉ HAD
A BABY IT WOULD BE ME**

VIACOMCBS

depop

sky studios

MGMP



beautystack



WHO I'VE
WORKED WITH



Deloitte.



Google



rocksteady™



#I AM Remarkable

iWEIGH



Morgan Stanley

THE TIMES
THE SUNDAY TIMES



TODAY!

THE GLOW UP

How to overcome imposter syndrome, show up
with confidence and thrive in your career

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AGENDA

HOW TO SPOT
IMPOSTER SYNDROME

PRACTICAL TIPS FOR
BUILDING CONFIDENCE

CELEBRATING YOUR
ACCOMPLISHMENTS

IMPOSTER SYNDROME
IS THAT YOU?

IMPOSTER SYNDROME

Is a psychological phenomenon where you believe you're an inadequate and incompetent person, despite evidence that indicates you're skilled and successful. You often live in fear and don't feel worthy of your opportunities and accomplishments

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IMPOSTER SYNDROME
IS THAT YOU?

THE PERFECTIONIST



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IMPOSTER SYNDROME
IS THAT YOU?

THE NATURAL GENIUS



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IMPOSTER SYNDROME
IS THAT YOU?

THE SOLOIST



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IMPOSTER SYNDROME
IS THAT YOU?

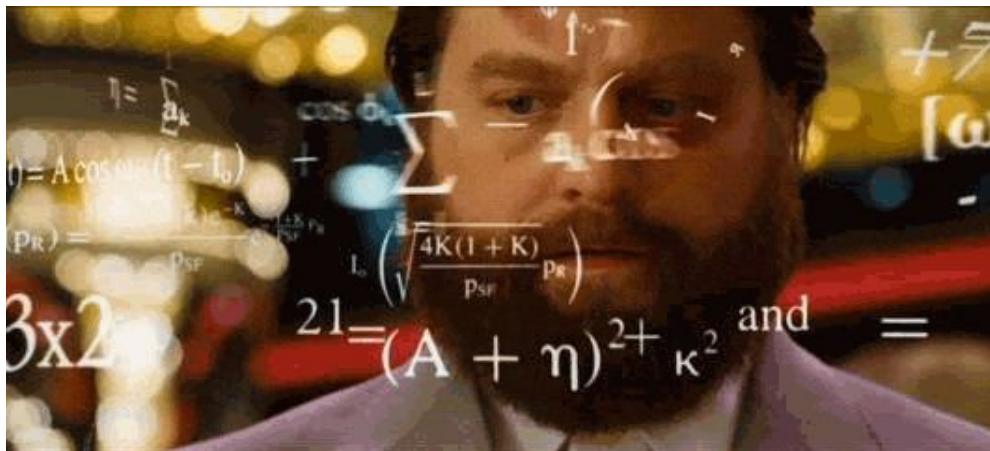
THE SUPER HUMAN



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IMPOSTER SYNDROME
IS THAT YOU?

THE EXPERT



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IMPOSTER SYNDROME
IS THAT YOU?

START PAYING ATTENTION TO HOW THEY SHOW UP

- PERFECTIONIST
- NATURAL GENIUS
- SUPERHUMAN
- SOLOIST
- EXPERT

CONFIDENCE 101

***YOUR WORTH IS INTRINSIC
YOU MATTER SIMPLY
BECAUSE YOU EXIST***

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CONFIDENCE 101

**WHO
YOU ARE**

≠

**HOW
YOU FEEL**

≠

**WHAT
HAPPENS
TO YOU**

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CONFIDENCE 101

***STRENGTHS + PASSIONS
+ VALUES
=
CONFIDENCE***

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CONFIDENCE 101

THOUGHTS
=
FEELINGS
=
ACTIONS

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CONFIDENCE 101

***TAKE YOUR NEGATIVE
THOUGHTS TO COURT***

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NEGATIVE THOUGHT DETECTOR

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IS THIS 100% FACTS OR AM
I MAKING AN ASSUMPTION?

DOES THIS THOUGHT
SABOTAGE ME OR EMPOWER ME?

WOULD I GIVE A FRIEND
THIS ADVICE?

CONFIDENCE 101

***IF YOU CAN THINK
WHAT IF I FAIL?***

***YOU CAN ALSO THINK
WHAT IF I SUCCEED?***

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CONFIDENCE 101

LEARNING & LEVELING UP

VS

FAKE IT TILL YOU MAKE IT

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**CELEBRATE YOUR
GREATNESS**

***IMPOSTER SYNDROME IS
TEMPORARY MEMORY LOSS
START TRACKING YOUR WINS***

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**CELEBRATE YOUR
GREATNESS**

**OWNING YOUR
ACCOMPLISHMENTS MAKES
YOU FEEL MORE CONFIDENT
AND OPTIMISTIC**

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**CELEBRATE YOUR
GREATNESS**

NEWS FLASH:

***YOUR WORK WILL NOT
SPEAK FOR ITSELF ALONE***

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SAY OUT LOUD

***I AM ENOUGH
I DESERVE TO BE HERE
MY CONTRIBUTION MATTERS***

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RECAP

GET CLARITY ON WHO YOU ARE
AND WHAT YOU WANT

BUILD SELF-BELIEF
AND MASTER YOUR MIND

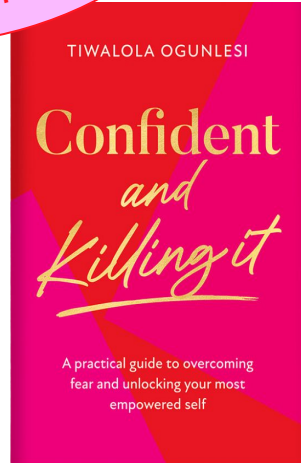
BE INTENTIONAL ABOUT
YOUR GROWTH

ADDITIONAL
RESOURCES

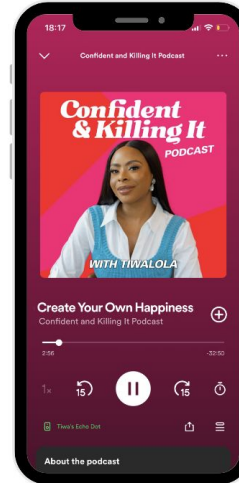


SCAN ME

20% DISCOUNT
CODE FOR NHS



BOOK



PODCAST

JANUARY		FEBRUARY	
TYPE OF	DESCRIPTION	TYPE OF	DESCRIPTION
SMALL	e.g sorted out my wardrobe e.g redecorated my room e.g found time to FT 3 friends	SMALL	
BIG	e.g I survived my first month as an entrepreneur e.g finished my business plan e.g started managing my anxiety better	BIG	
APRIL		MAY	
TYPE OF	DESCRIPTION	TYPE OF	DESCRIPTION
SMALL		SMALL	
BIG		BIG	

WINS TRACKER

THANK YOU

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LINKEDIN: TIWALOLA ADEBAYO

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PODCAST & BOOK**

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