

# THE GEPL PROJECT

Gender Equality Political Leadership Education

# BUILD YOUR CONFIDENCE

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# “Confidence”

*(Merriam Webster Dictionary)*

- A feeling of, or consciousness of one's powers
- Reliance on one's own circumstances
- Faith or belief that one will act in a right, proper, or effective way
- The quality or state of being certain

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# *Confidence is one of the “5 C’s” stopping women entering Politics*

- EXPLORE:
  - Some facts about women and confidence
  - What women already in politics say.....
  - Conversations
  - Clarify your own confidence issues
  - Plan how to address them

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# *Exercise: Rate your confidence level*

- In General?  
1 (Low) to 10 (High)
- As a potential Political Representative?  
1 (low) to 10 (high)

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# *Some Facts:*

- Women underestimate how good they are
- Evidence shows that women are less self-assured than men
- A [study](#) done at Cornell University found that men overestimate their abilities and performance, while women underestimate both.
- Women frequently express that they don't feel they deserve their job and are "imposters" who could be found out at any moment.
- Women worry more about being disliked, appearing unattractive, outshining others, or grabbing too much attention.

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# *POWER* *Sources*

➤ Positional

➤ Expert

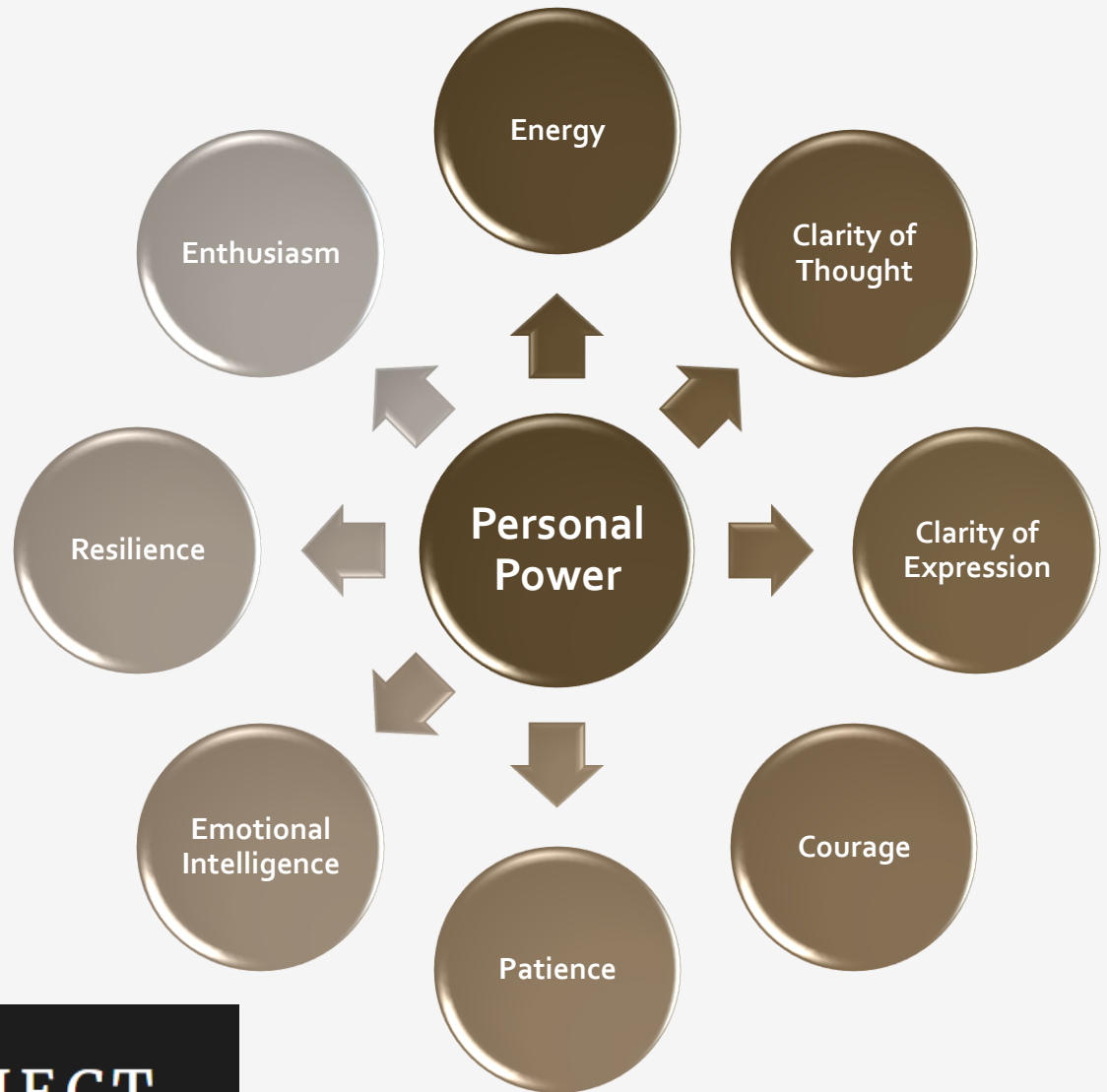
➤ Resource

➤ Personal

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# *Personal Power*



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# *Protect your Personal Power*

- Have a view and expressing it clearly
- Understand power – being realistic
- Use decisive language
- Posture
- Accept compliments gracefully
- Acknowledge your accomplishments
- Align words, posture/gestures and expressions

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# *Protect your Personal Power*

- Know what you want and stand for
- Ask for what you want
- Appropriate self-presentation
- Give and receive favours
- Say no
- Develop lines of communication
- Find role models/advocates/mentors

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# *Always Keep it Reality Based*

➤ “I don’t have the confidence”

This is a big statement.....there are likely lots of smaller stories behind it

Unbundle the stories.....

Aim to become clear – what you already do/know that could be transferable, what you need to learn or get help with, facts you need to consider...

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# *Exercise*

## STEP 1...

Individually, in your notes, list all the things

- You do
- You are involved in
- You manage
- You contribute to
- You participate in

....small and big, in the home, family, community, organisations and other.

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# *What Women Politicians Said*

- Organising many different things
- An ability to take in lots of information and get to the key points
- Good at listening....connecting with people, talking clearly
- Interest in Politics
- Something you care about that you want to contribute to
- Manage boundaries – privacy, manage yourself when the media make comment
- Self presentation ..... communicating and grooming
- Tactics of election
- Learn!!

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# *Exercise*

## **Step 2...**

- Review your list, think about the things the women politicians said.....
- underline what you do/are already that's aligned with political life

## **Step 3...**

- What areas do you feel under qualified in....or need to learn?

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# *Your Aim*

- Step 1 – Express where you want to be – Be audacious, vivid, inspires yourself!
- Step 2 – Explore where you are now – refer back to earlier work and to campaigns and communications sessions – positives, and areas to develop
- Step 3 – Take Your First Step.....

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“Smile, for everyone lacks self-confidence and more than any one thing, a smile reassures them!”

Andre Maurois

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“Remember – all  
you ever need, is  
your next first  
step!”

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