



**CONFIDENT AND CONNECTED:
THRIVING IN THE TECH
WORLD WITHOUT THE FEAR**

TOOLS AND TECHNIQUES TO FEEL...

- LESS OVERWHELMED**
- BETTER EQUIPPED**
- MORE CONFIDENT**
- FURTHER CONNECTED**

**AND TAKE AWAY A FRAMEWORK TO
THRIVE IN YOUR CAREER.**

HOLA. HELLO. HI.



**HAYLEY
BRINICOMBE**



**REBECCA
FOX**

**WHAT DO YOU WANT
TO FEEL OR DO
DIFFERENTLY AFTER
THIS WORKSHOP?**

Join at menti.com | use code **3755 6022**

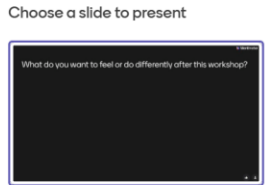
Mentimeter

What do you want to feel or do differently after this workshop?

empowered
confident
informed

how to stand my ground
stand up for myself
over come fear
acceptance
whimsical
feel empowered
learn to take up space
feel confident in myself
stop questioning my value

more positive
confidence
bigger
thriving
give more back
network more





WHAT HOLDS YOU BACK?

- Not the right background?
- The people around you?
- Jargon? Culture? The boss?
- Your internal narrative?

PEOPLE. PROCESS. TECHNOLOGY.

THE SIMPLE PPT FRAMEWORK REMINDS US OF THE INTERDEPENDENCIES OF THESE THREE KEY PARTS IN OUR WORKING LIFE – FROM THE DAY-TO-DAY TO SIGNIFICANT TRANSFORMATION ACTIVITY.

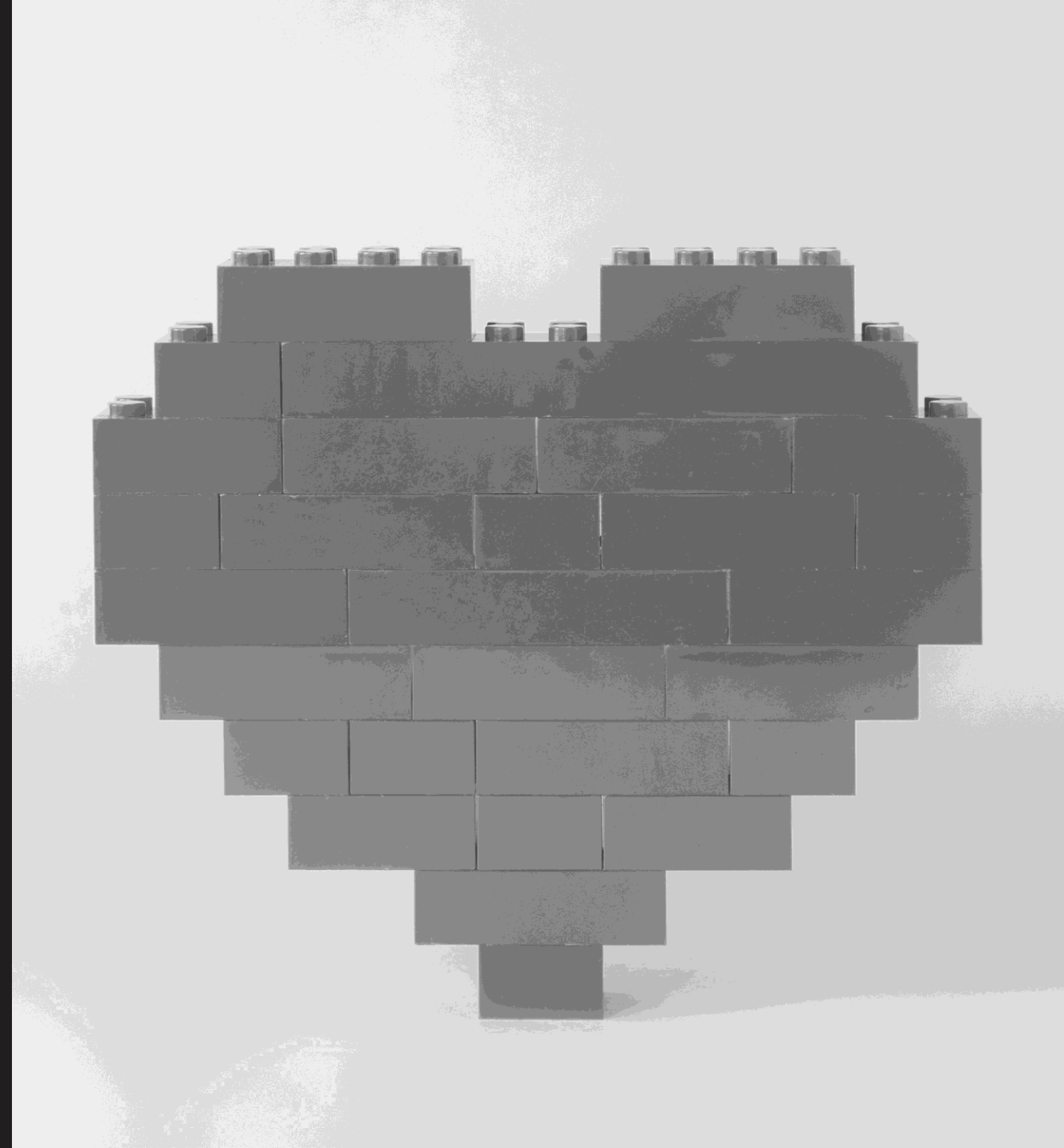
THRIVE...

FIVE PILLARS



- Environment and Self
- Skills and Experience
- Consistency and Planning
- Behaviours and Actions
- Values and Goals

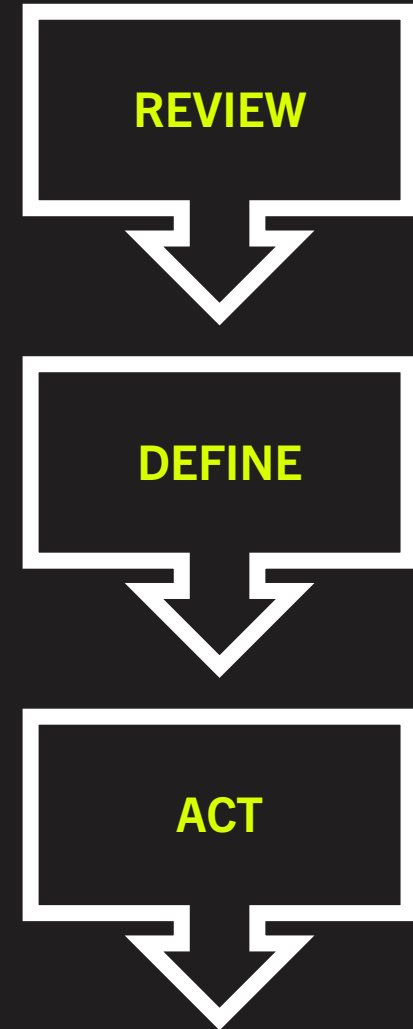
review > define > act : THRIVE



THE THRIVE FIVE



STEPS





Environment and Self

Our environment has a huge influence on our confidence and ability to thrive. The people around us, the culture we work in, and the spaces we live in can either lift us up or drag us down. Building confidence starts with being aware of how these forces affect us and making deliberate choices to shape them.

This pillar is about:

- Protecting your health and wellbeing
- Setting boundaries to create safe spaces
- Seeking out positive influences and minimising toxic ones
- Building routines that recharge you (SHED)
- Recognising that your environment shapes your behaviour – so design it with intention



Skills and Experience

Skills are the tools we use to get things done, and experience is what sharpens those tools. Without skills and experience, self-belief can feel empty; with them, confidence is grounded in reality. Developing skills and building experience is a continuous journey that strengthens confidence over time.

This pillar is about:

- Technical, academic, or domain knowledge (PPT) relevant to your goals
- Interpersonal and leadership skills that help you connect and influence
- Practising communication – listening, writing, presenting
- Building experience step by step, learning from mistakes
- Developing the skill of learning itself – knowing your learning style and how to adapt quickly



Consistency and Planning

Consistency is the quiet engine of confidence. One-off bursts of effort might give you a temporary high, but true belief in yourself comes from showing up day after day, sticking to a plan, and proving to yourself that you can be relied on.

This pillar is about:

- Creating habits and routines that keep you on track
- Breaking big goals into smaller, achievable steps
- Planning, executing, reviewing, and repeating
- Holding yourself accountable and asking others to do the same
- Accepting that consistency beats intensity – little and often wins over all at once



Behaviours and Actions

Confidence is built through what we do, not just what we think. Our behaviours and actions are the evidence we give ourselves that we are capable. Positive behaviours reinforce belief and create momentum, while negative actions undermine us and stall progress.

This pillar is about:

- Being proactive rather than reactive
- Choosing positive behaviours even when it's hard
- Banning negative actions that undermine you (blame, procrastination, constant self-doubt, gossip)
- Reframing setbacks as learning opportunities
- Practising kindness and gratitude – to yourself and others
- Following through on commitments, because action builds trust in yourself



Values and Goals

Confidence without direction can feel hollow. Values are your compass and goals are the milestones on the journey. When you are clear on what matters to you, and what you're working towards, you create meaning and motivation that strengthen your confidence.

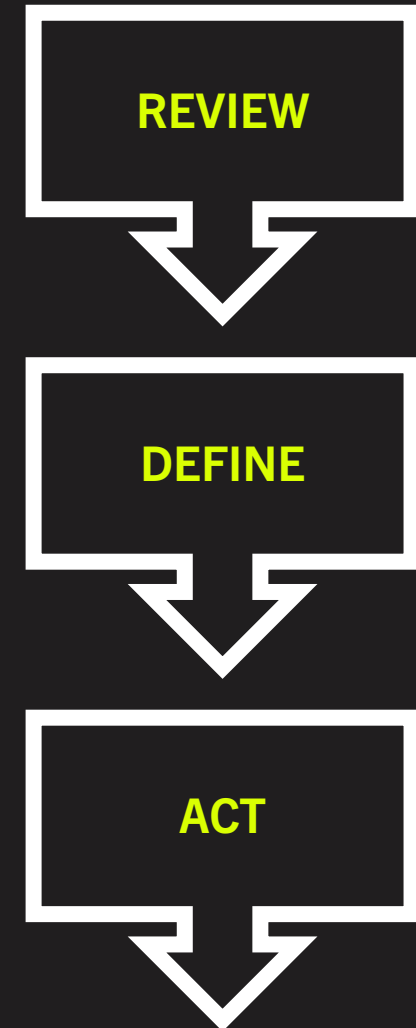
This pillar is about:

- Defining what truly matters to you (your values)
- Setting realistic but stretching goals that align with those values
- Understanding what “winning” looks like for you right now
- Recognising that goals evolve – success today may look different tomorrow
- Measuring progress is not just about results - but if we stayed true to our values

FIVE PILLARS



STEPS



A LITTLE SELF REFLECTION

(ARE YOU SETUP TO THRIVE?)

Think about the five pillars.

Reflect and score.

Be honest. No judgements.



5 mins

Environment and Self

Do you have a support network and a space to succeed and thrive in the way that you want too?
Could you describe what is working well and what isn't working well?
Do you know what and where things could be better?
Do you focus on your own health and wellbeing as much as you could?

Skills and Experience

When was the last time you left your 'comfort-zone'?
Do you know your best learning style?
Do you know the skills and experience you need for your next job?
Have you got all the skills for your current role? What about your next role?

Consistency and Planning

How do you keep yourself on-task? Do you know why this important?
Do you know how to plan and organise?
How do you track progress – do you have a method?
Do you know your good and bad habits, and how they impact your future ambitions?

Behaviours and Actions

Do you work collaboratively and are someone everyone wants to work with?
Are you proactive or do you wait for someone to tell you what to do next?
Are most of your interactions positive for you and everyone involved?
Do you know your behaviours and actions support a more positive future?

Values and Goals

Do you know what makes you happy today?
Can you name your three core values in work and life (they are normally similar)
Do you know what you want from life and your career?
Do you know what work looks and feels like in 12 months, 24 months and 5 years time?

REVIEW



LET'S DISCUSS

It small groups talk about your scoring and why.



REVIEW



DEFINE YOUR SUCCESS

A postcard from the future

- What do you want to win at?
- What does thriving look like for you?
- Where do you want to be in 12-18 months? (or more)

SHARE YOUR STORY

In groups, share:

- Your vision of success (postcard from the future)
- Talk about one thing from the five pillars that you could personally improve (review stage)
- Share ideas on how you might make that improvement a reality (plan)
- How will this make you feel?



SOME TOOLS (AND THOUGHTS)

Our brain – lizard, dog, human

SHED – sleep, hydration, exercise and diet

Time and Energy – the only resources we have

A-Game – try your best, feedforward, look after yourself/your team



Reptilian Brain (The Triune Theory)

Lizard Brain

for basic survival instincts, breathing, heart rate, and reflexive actions

Dog Brain

this system handles emotions, memory, and motivation

Fight | Flight | Freeze

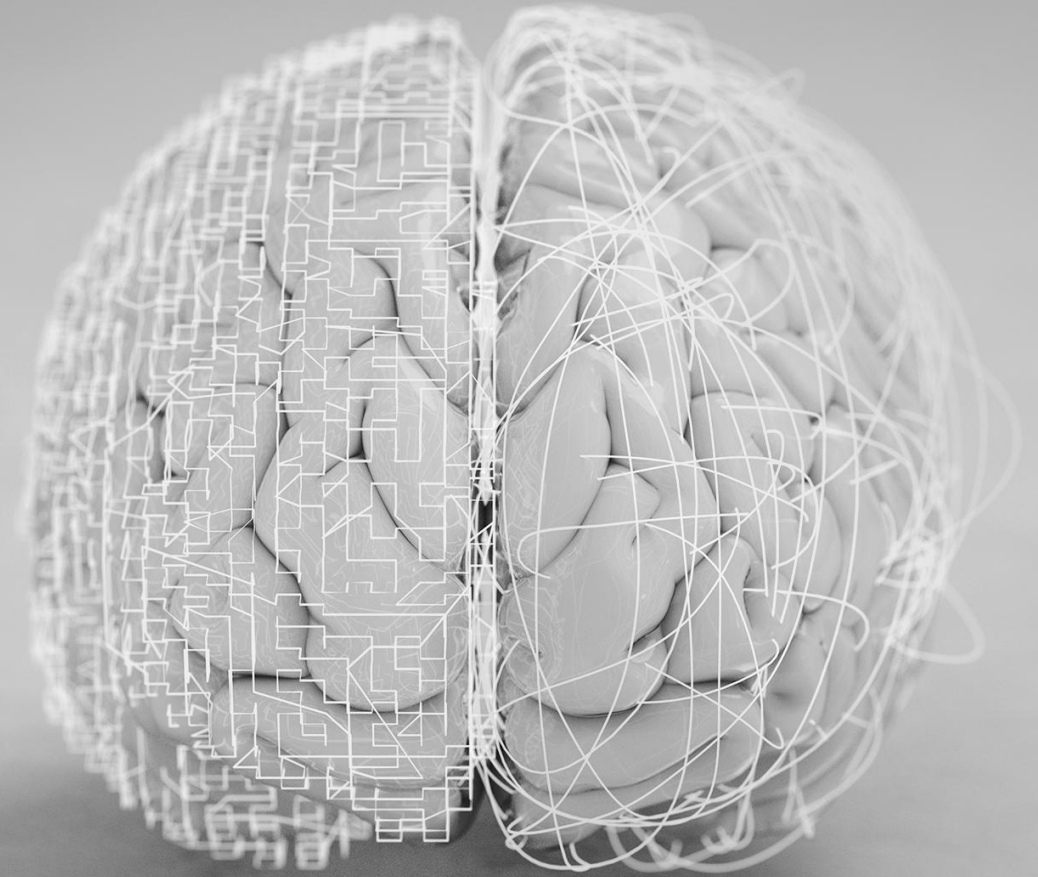
Human Brain

for higher cognitive functions like language, abstract thought, reasoning, and consciousness

E + R = O

EVENT + RESPONSE = OUTCOME

RESPOND DON'T REACT



Look after your SHED *

- Sleep
- Hydration
- Exercise
- Diet

We all have one we need more than the others.

But we do need to look after all parts of the SHED to thrive.

* credit Coaching Impact/Sara Milne Rowe
<https://www.linkedin.com/in/sara-milne-rowe>



Time and Energy (DRAFT)

The only two resources in our total control are our **Time** and **Energy** - and what we do with them.

Wherever you focus your time and energy you will have the most impact and success.

This also applies to other people – if they are not giving their time and energy will it be a success? This matters if they are working on something that is important to you at work (or in life).

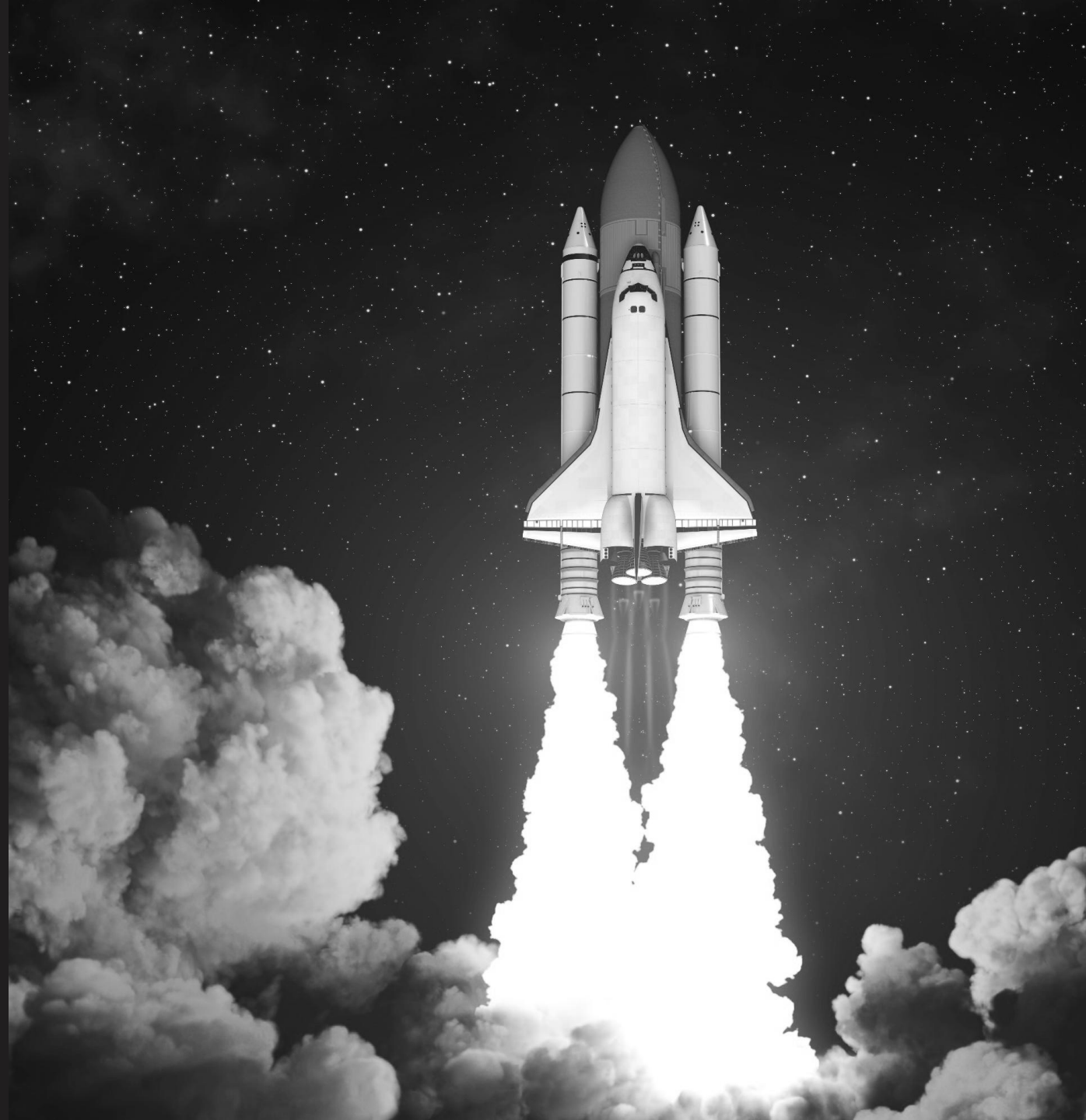


A-GAME

Three core principles of the A-Game:

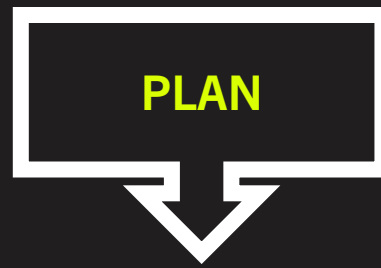
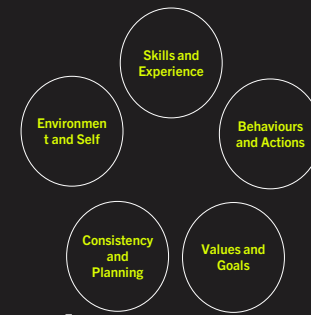
1. Always try your best – nobody can ask more of you than your best.
2. Feed-forward and celebrate milestones – this is how we learn and grow.
3. And look after yourself and your team – can't thrive when we're empty.

What does your A-Game look like?



YOUR PERSONAL PLAN

(HOW DO YOU ACHIEVE YOUR POSTCARD FROM THE FUTURE?)



- What do you want to change?
- What support do you need to succeed?
- What's one thing you can do *this week*?
- Timeframe – When? How will you keep going?

**WE ARE ALL
ROLE-MODELS.**

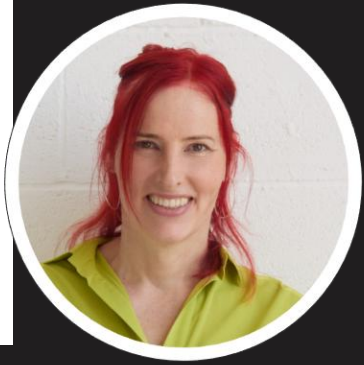
IF WE LIKE IT OR NOT.

WE ARE OUR ALSO OWN BIGGEST ROLE-MODEL AND OUR BIGGEST CHEER-LEADER.

YOU'VE GOT THIS



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