

11 SECRETS WOMEN LEADERS USE TO GET CONFIDENT, ADVANCE THEIR CAREERS & LEADERSHIP

A woman with shoulder-length blonde hair is smiling warmly at the camera. She is wearing a black top with a white collar. In her right hand, she holds a blue pen with a grey tip. The background is a plain, light-colored wall.

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INTRODUCTION

I know you want to make a difference in the world and in your business. Being really confident is the #1 skill that will open doors for you to have more influence and ability to be successful.

Follow my 11 proven secrets of women leaders and you will enhance your journey to get promoted faster, increase your income, influence your peers and be a better leader.

If you experience self-criticism and doubt, you are not alone. In a recent study by KMPG, women stated it was the #1 problem that blocked their career goals and leadership development. This was my problem too.

As a young woman, I believed that I was not smart and that I was missing what it took to be successful, creating pain and discouragement in my life.

Over time, I discovered how to be self-confident and successful by finding a great mentor, learning and developing new techniques, and practice, practice, practice.

I have spent the last twenty-five years teaching 1000's of people in Fortune 1000 corporations, universities and businesses how to become self-confident and reach their career and leadership goals. And I know you can learn how to be confident and reach your goals too.

If you have tried different ways to increase your confidence without success, you are not alone. There are many suggestions that seem good but don't show you how to do it.

These 11 secrets are a good place to start. Start with one and practice it until you notice a change and then move to the next one.

See the last page of this book where I will share with you the next proven steps to continue your journey to self confidence, career and leadership advancement.

To your great success, Sabrina Braham MA PCC

1

BE YOUR OWN BEST FRIEND

"A true friend accepts who you are but also helps you become who you should be". –

Anonymous

When you decide it is your job is to take care yourself, life will be easier and more fun for you.

Nourishing you, being a coach instead of a critic increases your happiness and success

CELEBRATE YOUR SUCCESSES

2

"The road to success is always under construction"

– Arnold Palmer

The brain is wired to notice our failures, in order to rewire our brain we have to soak in the appreciation of our success for **10 seconds**.

Important! The way to keep improving and learning is to acknowledge your successes, let them soak in and then celebrate them.

3

FOCUS ON POSITIVES

"Once you replace negative thoughts with positive ones, you'll start having positive results."

– Willie Nelson

Research has proven that people who find three things a day to be grateful for are happier than those that don't. As you find the good, the positive, the opportunities in your life, your brain will rewire and begin showing you more to enjoy and be grateful for.

BE PRESENT IN THE MOMENT

4

"I can't change my past, or predict my future. But I can shape my present."

– Armin Houtman

Being present in the moment means noticing what is happening now. Are you willing to do it right? Is this the right moment or are you waiting for the "perfect" moment? Maybe in the future when things seem better?

Ah ha! Surprise! This moment is the only one that you can influence and being present in this moment increases your possibilities.

Here is the secret: all the opportunities for happiness, self-confidence, and success amplify when you focus on now. Look for what you can learn and how you can make the most of this moment.

5

STOP COMPARING YOURSELF

A flower does not think of competing to the flower next to it, it just blooms.

– Zen Shin

"Comparison is the death of joy."

– Mark Twain

There is always someone who knows more, looks better, or is wealthier. Comparing yourself to them and feeling bad is a toxic way of thinking. Don't let yourself go there.

The sword that cuts you to the quick is the one that you use against yourself to prove that you are less than another.

DON'T WORRY ABOUT OTHERS' OPINIONS OF YOU

6

"Other people's opinion of you does not have to become your reality."

– Les Brown

Don't let others decide what you should or shouldn't do. There are 7 billion people on the planet & they are all different.

Not everyone is going to like you or agree with how you choose to live your life. They made their choices, now you get to make yours.

7

GIVE UP TOXIC FRIENDS & OTHER TOXIC PEOPLE

We would do ourselves a tremendous favor by letting go of the people who poison our spirit.

– Unknown

Jim Rohn says, “You’re the average of the five people you spend the most time with.”

How would you rate your friends? 1= toxic, 10 = nourishing. If the average of your top five friends is less than an eight (with ten being the highest), it’s time to move on.

One of the biggest blocks to confidence and happiness is spending time with people who are critical of you or are in a constant state of unpleasant experiences.

You can love someone, forgive them and still not spend time with them. This is worth the effort. Try it. You will learn to like it.

FORGIVE YOURSELF FOR YOUR IMPERFECTIONS

8

"Beauty begins the moment you decide to be yourself"

– Coco Chanel

If you believe that you have to be perfect, you have doomed yourself to perpetual unhappiness. You are trying to improve in a very destructive way. Give it up. Let it go.

You don’t have to wait to enjoy yourself and your life. And contrary to what you may have been taught, you will improve even more without self-criticism and misery.

9

TAKE CARE OF YOUR BODY

Take care of your body. It's the only place you have to live."

– Jim Rohn

"A man too busy to take care of his health is like a mechanic too busy to take care of his tools."

– Spanish Proverb

Imagine you were given a very expensive Ferrari; you could keep it as long as you took good care of it. You know its value would be greater with good care of it. So you change the oil and do all the maintenance required. A no brainer right?

What if you treated your body with the same care and respect? You have been given one body in this lifetime. How you maintain it will change your success and happiness in life. It will make you healthier, look better, and you will learn self-control and discipline that will help you in all your pursuits. So take care of your body: eat healthy food, and exercise, and get plenty of sleep.

LEARN TO LAUGH AT YOURSELF

10

"When you can laugh at yourself no one can ever make a fool of you."

– Joan Rivers

Laughing at yourself puts all your problems in perspective. Is there anything amusing or funny about the experience you are having? Finding something amusing about stressful situations, or times where you have goofed puts things in perspective and teaches you an important lesson.

11

THINK OF YOURSELF AS A WORK IN PROGRESS, CREATE A NEW YOU

"A work-in-progress generates its own energy field. You, the artist or entrepreneur, are pouring love into the work; you are suffusing it with passion and intention and hope."

– Steven Pressfield

Remember all the stories & movies you have watched or read where someone who has failed or is not liked, who looks like they can't make it, overcomes all odds and achieves their dreams? Remember how inspired, moved and excited you were that they succeeded?

The research tells us it is not the smartest, prettiest or most naturally skilled people that achieve mastery or expertise. It is the ordinary person that keeps on learning the next step, practicing until they are good at it, and then moves on to the following step, who achieves great things in life.

So if you practice, notice your improvement, then keep taking the next step, you will get results beyond what you think is possible.

TAKE THE NEXT STEP NOW



Congratulations, you are on a quest to advance your career and leadership.

Now it is time to continue to develop your ability to be the person you want to be.

Here the interesting thing about being self confident. It takes commitment and action. These secrets above are just the start. If you are serious about your development, come to my free webinars on how to be more self confidence. I will show you how self sabotage is holding you back and some of the master keys confident leaders use to advance their careers.

**CLICK HERE TO ACCESS MY
NEXT SELF-CONFIDENT
FREE WEBINAR**

[Webinar](#)