

## 'Unleashing Your Inner Power: The Art of Building Confidence' with Judy Salmon in Plymouth

**Date:** Thursday 28<sup>th</sup> November 2023

**Time:** 4pm-6pm

**Location:** Bishop Fleming, 4 N E Quay, Plymouth PL4 0BN

**Cost:** Members: £15.00 + VAT (£18.00)

Non-Members: £25.00 + VAT (£30.00)

**To Book:** Members book and pay via app

Members/Non-Members book and pay via [website](#)

**Register by:** 26<sup>th</sup> November 2023

Event organiser: Katherine Archer  
Email: [karcher@bishopfleming.co.uk](mailto:karcher@bishopfleming.co.uk)  
**Registration queries:**  
[booking@womeninproperty.org.uk](mailto:booking@womeninproperty.org.uk)

Following the popularity and success of workshops across the South West, the Devon and Cornwall Satellite of Women in Property are delighted to host 'Unleashing Your Inner Power: The Art of Building Confidence' with Judy Salmon. Confidence is the cornerstone of personal growth and success and we are delighted to host this subject, specifically requested by members.

- Confidence is a passport to success in life – why do some of us struggle with it?
- What is confidence? What gives us confidence and what zaps it?
- How do you motivate yourself and feel confident when you don't actually feel it.....?
- How can you "camouflage" a lack of confidence?
- How to be proactive and get yourself to feel and be confident?
- How do you give someone feedback and remain in control, calm and confident?
- Self-talk. Can this help you when you are "down"?
- The mental gremlins.
- Imposter syndrome.
- Action points

The event is kindly hosted by Bishop Fleming

Members and non-members of all genders are welcome to attend.

**Please note.** The attendance fee for this event attracts VAT.



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