

SELF-CONFIDENCE CHALLENGE



Before You Start

The only way to get more confident is to act more confidently. One way you can act more confidently when you focus on what you want instead of what you don't want.

Examples of reframing	<u>Frustration, what I don't want</u> My dog doesn't listen on a recall	<u>Wish, what I want instead</u> My dog pays attention to me, everywhere I go
Try it on your dog	<ul style="list-style-type: none">•••	<ul style="list-style-type: none">•••
Try it on your team(s)	<ul style="list-style-type: none">•••	<ul style="list-style-type: none">•••

The Challenge

Watch the video at <https://connec.tips/self-confidence> and try out the two challenges.

What differences did you observe between these two experiments?

How could more self-confidence in your dog be helpful?

Insights

When you translate this to your team(s)...

What do you wish for in your team(s)?

Why is this important?

If this wish were reality, who would notice this, and how would they notice?

Facebook Group

Join our facebook group at <https://connectips/dobby-fb>.

Here you will find pictures and videos with experiences and tips from other participants.

The next challenge already awaits you there!

Feedback

Please send your feedback to Linda@ConnectivePartners.pro.

