

DOUBT ^{to} DYNAMO

Boosting Confidence and Charisma

**~ So you let go of fear to turn
the impossible into reality ~**

By Karen Kleinwort



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INTRODUCTION

Hi, I'm Karen Kleinwort.

I'm so excited you are here and ready to dive into letting go of doubt and becoming the dynamic, confident person I know you are.

Throughout my career, I've had the privilege of touching the lives of countless women, guiding them towards unlocking their true potential and embracing social situations with newfound confidence and grace. Both in their business and personal lives.



My background and qualifications are diverse, providing me with a unique perspective and a holistic approach to coaching.

As a Reiki Master teacher and CranioSacral Therapist, I deeply understand the mind-body connection and the profound impact of holistic healing on personal growth.

Alongside these healing practices, my degree in Business and certifications in communications, anger management, and non-profit work allow me to address the complex challenges individuals face in social interactions comprehensively.



Introduction

Confidence is a powerful trait.

It helps us plow through obstacles, realize our dreams, and maintain a healthy self-image.

Social Confidence may only be a part of overall confidence, but it is a powerful trait in its own right. Social Confidence is the ability to feel comfortable no matter what social situation you find yourself in.

It means better public speaking, less awkward small talk, more effective networking, and an increased ability to enjoy social engagements.

You might feel great about your abilities and life but still, struggle to feel comfortable when you are in a social situation.

This book will examine why you feel this way and then provide a roadmap to overcome it.

Are you ready to boost your social confidence? If so, let's go!

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Social Confidence 101

Social Confidence Definition

Feeling capable and at ease in social situations.

Examples of Social Situation

- Phone Calls
- Meetings
- Networking Events
- Parties
- One-On-One Conversations'
- Meeting New People
- Dating
- Public Speaking
- Being in The Public Eye
- Shopping
- Public Transit
- Group Activities

Symptoms of Lack of Social Confidence

- Nervousness
- Shyness
- Avoidance
- Shaking
- Fidgeting
- Blanking Out

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Symptoms of Lack of Social Confidence

- Nervousness
- Shyness
- Avoidance
- Shaking
- Fidgeting
- Fidgeting
- Blanking Out
- Sweating
- Pounding Heart
- Urge to Escape

Difference Between Social Anxiety and Lack of Social Confidence

- They are inherently related
- The major difference is the scope or impact (social anxiety being more serious)
- Social Anxiety often requires professional treatment

What Are You Worried About?

Preconceived Notions

Think about some of the negative thoughts or images you have about social situations. What makes you nervous about these situations? What negative thoughts do you have about yourself?

Examples:

- Everything will go wrong
- People will laugh at me
- I will say something stupid
- I have nothing to offer

List Your Preconceived Notions and Worries

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page.

Challenge Your Preconceived Notions

Think about all the thoughts or images you listed in the last exercise. Challenge those thoughts by writing down why each isn't true or why they don't really matter. Even if you disagree with what you are writing, at least you are still challenging your negative thoughts.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What Have You Missed Out On?

Situations You Have Avoided even the most extroverted of us have given a swerve to an event they didn't feel confident about. Think about the last year or so of your life. What social situations, events, or one-on-one interactions did you avoid because of a lack of social confidence?

Examples:

- Dating
- Networking Event
- A social event outside your comfort zone
- A tough conversation

Social Situations You Avoided

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page.

What Did You Miss Out On?

Examine the events you avoided. What could you have potentially missed out on? Was there an opportunity that could have changed your life? Would you have been happier and more fulfilled had you taken a chance?

Examples:

- Missed out on a potential life partner
- Didn't get a promotion because you didn't schmooze enough
- Missed an epic night out that your friends still talk about
- Didn't get a resolution that a tough convo would have provided

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Your Social Confidence Needs

What Do You Need to Feel More Confident?

Is there anything you feel you need to change, acquire, or improve to help you feel more confident in social situations?

Examples:

- A certain skill
- Better small talk
- A new haircut
- A friend to tag along

What You Need

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

What Is One Step You Can Take to Address Each of Your Needs?

You don't have to plan every step of your path right now. The important part is to act quickly. The easiest way to do that is to think of a single easy step you could take to address each of your needs.

Examples:

- Research how to learn my needed skill
 - Find a book about better small talk
 - Figure out what kind of new look I want to go for
- Figure out who the best friend would be to tag along

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Upcoming Social Events

Think about some of the upcoming social events you have. Focus on events or interactions that make you nervous, or you thought about skipping altogether.

Think about large events like parties or meetings, but don't forget to consider one-on-one interactions. Even something as mundane as taking the elevator counts if it makes you nervous.

Events or Interactions You Aren't Looking Forward To:

What Worries You About These Events?

CHAPTER FIVE

How Can You Address These Worries Before Hand?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and is set against a dark background.

Naming your worries and then coming up with a plan to address them is one of the most powerful steps you can take to build social confidence. You will feel much more prepared and ready to rise to any challenge.

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Your Social Confidence Mission Statement

This mission statement is meant to help excite you about social interactions. Keeping a copy of this visible can be a big help in maintaining your confidence.

Below is a mad-libs-style statement that you can fill out and use as your own, but don't be afraid to go off script and create your own mission statement.

I {name} am ready to embrace social situations. I am {a positive statement about yourself} and worthy of people's time and attention. I won't let {your worries about social situations} be an excuse not to live my best life.

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CONCLUSION

Be Social

Social Confidence is about maintaining your cool in your outside world, but at its heart, it is about examining what's inside of you.

This workbook is meant to help you look inside and figure out what is holding you back. If you worked through all the exercises in this book, you have:

- Examined your preconceived notions and negative thoughts
- Challenged those notions and thoughts.
- Thought about social interactions you avoided
- Examined what you missed out on by avoiding those interactions
- Thought about what you need to feel more confident
- Created a step acquire what you need
- Brainstormed some upcoming social interactions you weren't looking forward to
- Thought up ways you can address your worries before the event
- Customized your own Social Confidence Mission Statement

CONCLUSION

Becoming more confident in dealing with people might not come naturally, but if you commit to the lessons in this workbook, you too can become socially confident.

One last note – It takes practice!

What are you waiting for? It is time to get up, get out, and get social.

KAREN KLEINWORT



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Love
the
Journey™

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