



Finding Confidence (For Real)

Spoiler alert: You've been doing introspection and self-evaluation all wrong.

We all know that building confidence is rooted in greater self-awareness. The more we know about ourselves, the stronger and better we can become. Right?

Well, kind of.

The problem is most people are terrible judges of their own performance and abilities. Traits we can easily see in others are often hidden when we look inward at ourselves.

In this thought-provoking conversation, mindset expert Jessica Gendron Williams will guide you through techniques to change how you reflect, grow and develop greater internal and external self-awareness. Through a series of tiny shifts, you'll learn how to improve your skills and develop the true confidence you desire and deserve as a powerful female leader.

After this session, attendees will be able to:

- Explain how most people are doing "self-awareness" totally wrong
- Understand and articulate how confidence and self-awareness are interconnected
- Discover the tools needed to build honest and lasting confidence