

EMPOWERING
Female
LEADERS

32
TIPS



**TO BUILD SELF-
CONFIDENCE**

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WHY IS SELF-CONFIDENCE SO IMPORTANT?

... because you are the only person who can make the changes you want in your life.

... because you carry all the resources you need INSIDE of yourself.

The question is how you can step up and step

Need some personalized help?
[Book a quick call!](#)

**INTO
YOUR
POWER**



Hi, I AM ULRIKE.

I am empowering leaders to express their authentic leadership style by feeling strong from within, aware of their full set of unique competencies, and mentally ready to take on any challenge that comes their way.

As a certified success coach and long-time executive, I combine my C-level experience with some of the most advanced self-development techniques to provide leaders with tools that help them reach their most ambitious goals and arrive in a zone of long-lasting success and happiness.

This checklist gives you 32 concrete tips you can apply to empower yourself day by day.

Ulrike Seminati

32 TIPS TO BUILD SELF-CONFIDENCE

Give yourself permission to **take control** of your life.

Try something **new** and get familiar with the feeling of discomfort...

... and get familiar with the feeling of **stepping over** it!

1 to 10

Keep going no matter what and don't be too harsh to yourself.

Celebrate successes - even the smallest ones!!!

Intensively relish **feeling good** about yourself as often as possible.

Stop comparing yourself to other people.

Promote your own brand.

Actively share your achievements and ambitions.

**Promote yourself to
be the CEO* of your life!**

Think big !!!!

Have a plan for how to get there.

Take bold decisions.

Delegate what's not for you.

Be accountable.

Care about yourself.



Have the **courage** to make mistakes.

Listen to yourself and **trust** your intuition.

Find your personal **power pose** and apply it before going into a challenging situation.

Say no and replace the resulting feeling of guilt with joy about your inner strength.

Take **anxiety as a clear signal** that there is an opportunity for growth.

Intensively **visualize yourself** as a strong and confident person. Do this every day!

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23 to 32

Work on your gifts - not on your challenge

Accept positive feedback without diminishing it.

Seek out for the learning in negative feedback and be proud of developing even further.

Change the narrative about your story. Turn it into the story that is your best-case scenario.

Observe your thoughts and systematically **replace self-doubt** with positive affirmations.

Practice gratitude and remember three things to be grateful for that happened during the day.

Volunteer for charity projects and empower yourself by **empowering others**.

Decide on actions that increase your level of self-empowerment. Then act accordingly!

Step out of your comfort zone - deliberately and regularly!

Practice your new self and **celebrate every single moment** where you feel self-empowered.



**TAKE IT
ONE STEP
FURTHER**

Step from invisibility to power

- Get crystal clear clarity on your assets and turn these into **powerful drivers** of self-confidence
- Level up your profile and become a **charismatic leader** able to communicate, engage and motivate in an inspiring and authentic way!

Get on a free call
& learn more