




“Self Confident Change Agents”

Philip Atkinson

Self Confidence

- 
- ID – what brand are you?
 - You have a unique identity and leave a personal signature
 - What do others receive?
 - Know your personal SWOT



ID & Self Knowledge

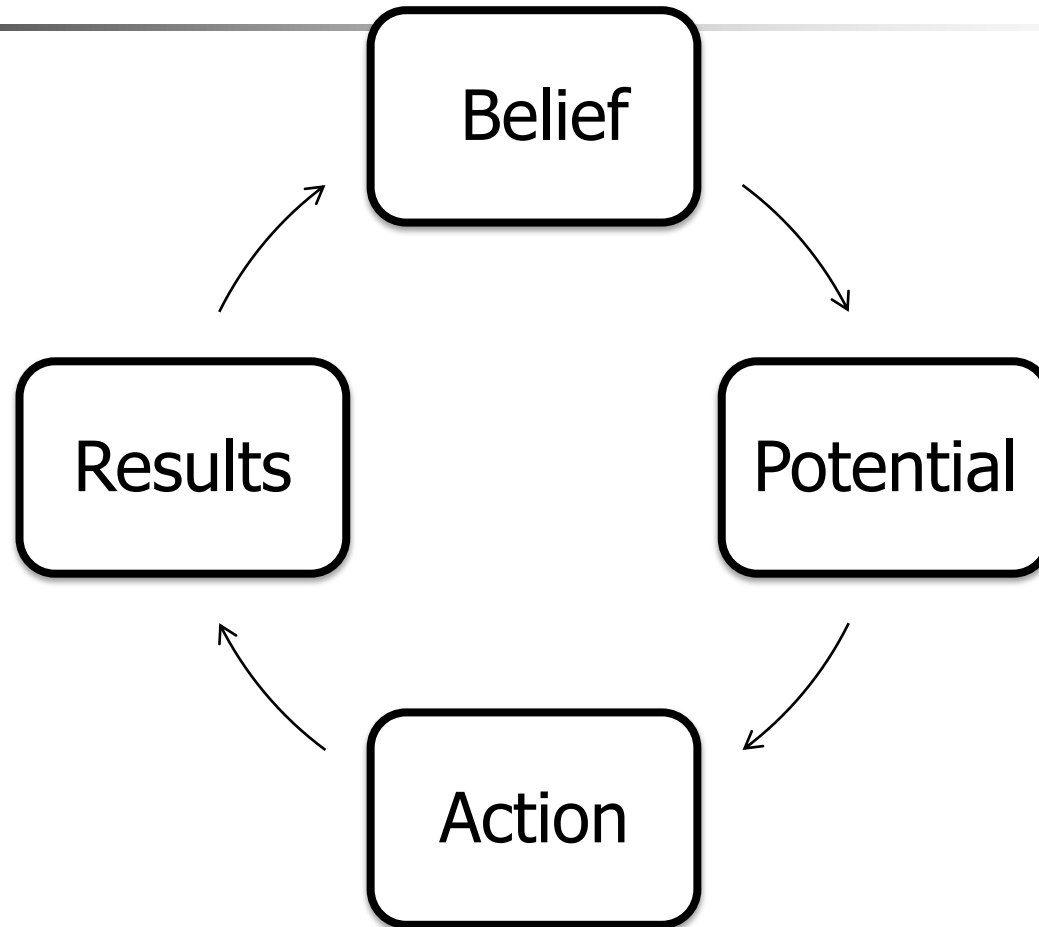
Known Self & Known to Others

Unknown to Self -
Known by Others

Known to Self &
Unknown to Others

Unknown to Self and
Others

Explore Your Power to Grow





Learning: Self & Others

- Identity
- Beliefs
- Values
- Behaviour
- Skills
- Environment



Beliefs come from.....

- Upbringing & Environment
- Critical incidents
- Knowledge
- Memories
- Create your own experience



Beliefs - Environment

Upbringing & Environment

1.

2.

3.

4.

5.



Beliefs – Critical Incidents

Public or personal events

1.

2.

3.

4.

5.



Beliefs – Critical Incidents

As a result of.....X....then I.....

1.

2.

3.

4.

5.



Beliefs - Knowledge

Significant learning.....

- Life
- People
- Books
- Who you think you are.....



Beliefs - Accomplishments

- How has what you have achieved and not achieved influenced your beliefs?

1

2

3

4

5



Beliefs – the Future

- What would you have to believe....

1

2

3

4


5



Values – what's important to me in....

- List them
- Rank order
- Rethink them
- Explore past experiences
- Seek clarity

Now & the Future



	Now	Gap	Future
Identity			
Beliefs			
Values			
Behaviours			
Skills			
Environment			



Decisions: Shaping Your Destiny

Identity – Who am I and what I am here to be, do and have?

Beliefs – What do I believe about the world and do my beliefs support or hinder my ID?

Values – Are my values reflected in my Beliefs and behaviours

Behaviours – what are my core behaviours that support my ID and beliefs?

Skills – What skills will support me to be who and what I want to be.

Environment – How can I manage things in my environment to support the above?



Learning Goals

- Desire
- Write them down
- Benefits
- Stretch
- Mentors
- Barriers
- Image clarity
- As if achieved
- Move beyond zone
- If you could not fail....

Philip Atkinson

**To talk about development call,
email or write to us**

Learning Strategies Ltd

The Coach House, PO Box17181

Edinburgh EH12 9PB Tel 0131-346-1276

Website www.philipatkinson.com

Email: AtkinsonConsult@aol.com