

INSIDE ACADEMY

INSIDE ACADEMY'S GUIDE TO BUILDING A CONFIDENCE FILE



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How to Build a Confidence File



In need of something to boost your confidence when imposter syndrome flares? Create a confidence file to inspire you in those dreaded moments of self doubt (Yes, we've all been there!). When confidence slips, having data to remind us of our self worth is a very powerful technique.

Your file can include:

- Your biggest accomplishments
- Personal goals you have achieved
- Notes and/or praise from your boss, coworkers, family, or friends
- Thank yous from clients and customers
- Inspirational quotes or song lyrics
- Mantras and affirmations that inspire you

Compile these items anywhere you like, in whatever order you like and keep them readily available for when you need to remind yourself that you are capable, awesome, and ready for anything.

What are three things you can add to your confidence file right now?

1. _____
2. _____
3. _____

Happy Clients



"I had the amazing good fortune of having Alexandra Kinloch do a six-part, small group coaching session for a select group of women leaders at Logitech. The results were ASTOUNDING! Alexandra's program created a unique opportunity to hone practical leadership skills in a small group environment that supported both the inner and outer work of being a leader. Over the course of a few short months, these leaders made measurable and noticeable gains."

Jessica Amortegui - Senior Director, L&D at Logitech

"Alexandra brought boundless energy, thoughtfulness and grace to her work here at the Center. To the program design process Alexandra brought valuable experiences working with entrepreneurs and helping women in particular build confidence and self-efficacy. And she was intentional in how she helped increase learning opportunities for these founders and was mindful of every aspect of the experience."



Celena Aponte, Nasdaq Entrepreneurial Center



"I was promoted within a couple of months of starting the program. This was due to my increased confidence during interactions with executive stakeholders. I've also been asked to take on several leadership opportunities that have come up. I have increased my confidence interacting with executive stakeholders, built stronger working relationships and increased my ability to influence."

Senior leader, Jazz Pharmaceuticals



Thank You!

I would love the opportunity to work with you and your team. A good next step is for us to jump on a call to discuss how we can bring these innovative programs to your company.

[Book a time on my calendar here and I'll speak with you soon!](#)

Alexandra

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