

3 C'S TO CAREER SUCCESS

workshop by Shenin Lebrun
Founder of Hustle & Heart



CONFIDENCE



WHY IS IT IMPORTANT TO BE SELF-CONFIDENT?

Self-belief is the source of all positivity. You can overcome any obstacle, knock down any door, solve any problem and weather any storm.

SELF CONFIDENCE IS A SKILL



pV
PICTURES

#ALLESVOORELKAAR

*Alles
elkaar*
Screenplay: Lisbeth Mink, Jo Wag N

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***1. Do More Of What Makes You Happy.**



***Whatever it is you love, create space for it, because life is short- you need time to enrich your life and to recharge to be your best self.**

HUSTLE & HEART

2. Focus on your strengths!



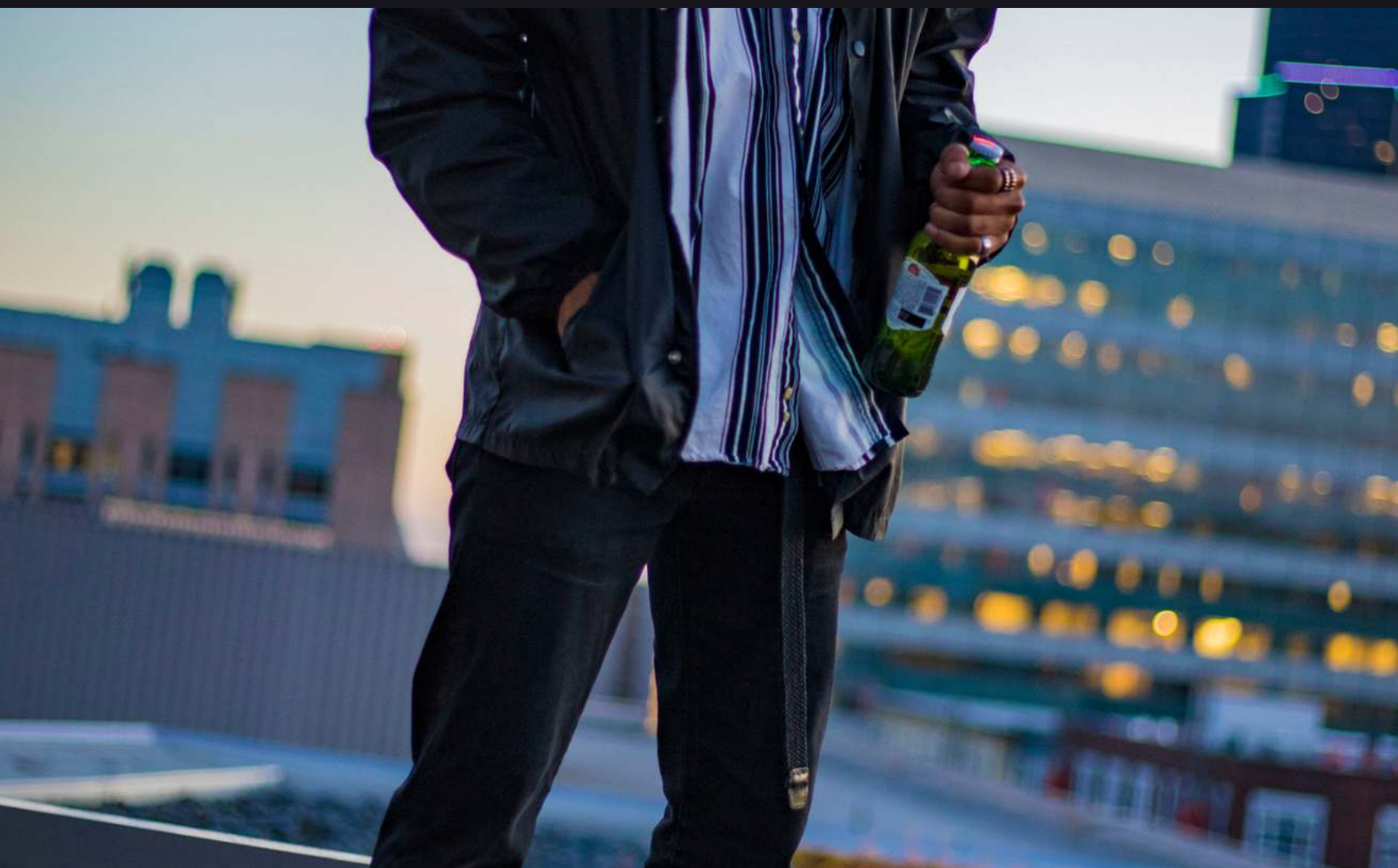
✦ 3. Get things done

Confidence is built on accomplishment.



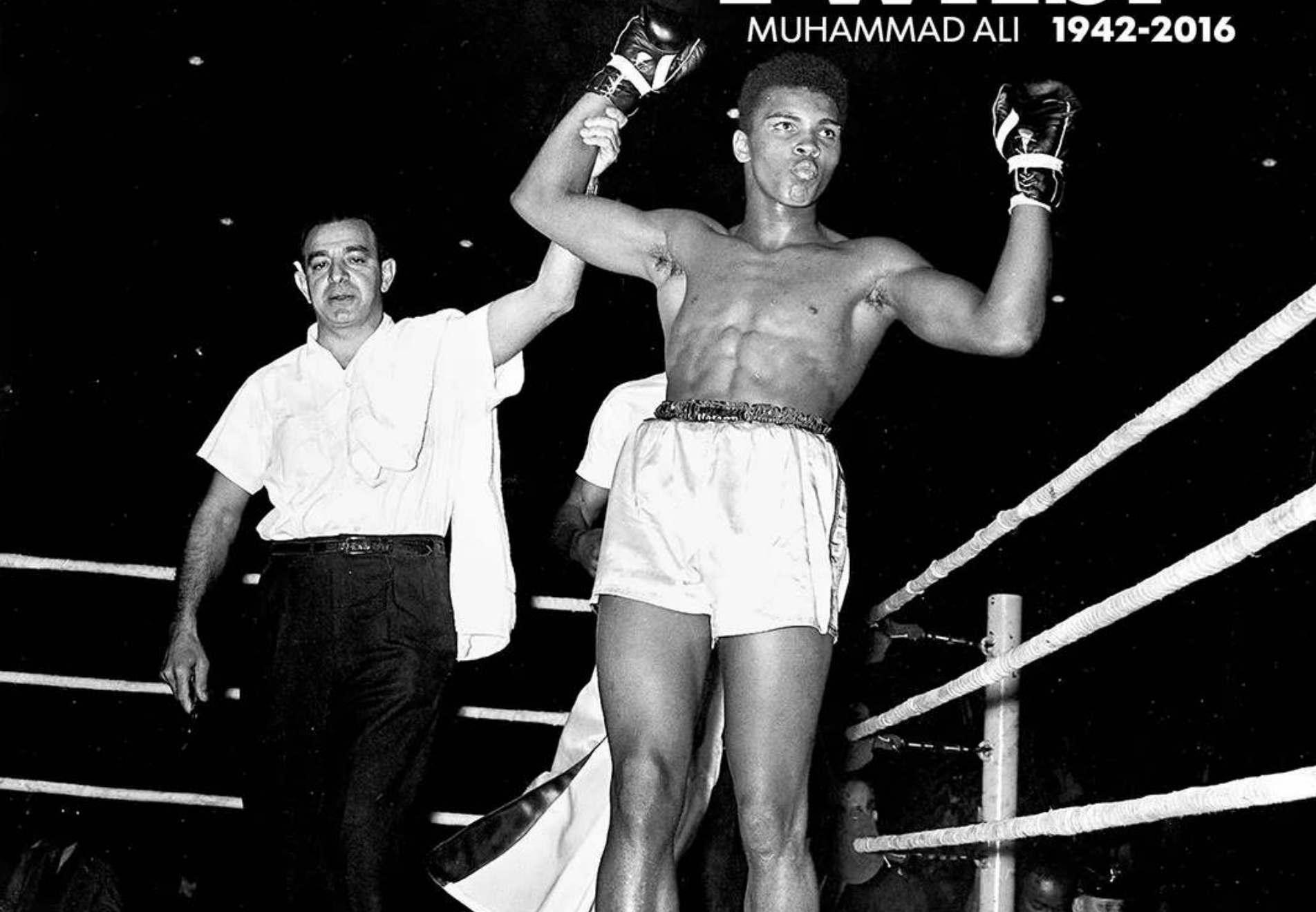
✦ Monitor progress

The best way to reach your goals, big or small, is break them into smaller goals and to monitor your progress.



**"I AM THE
GREATEST.
I SAID THAT EVEN BEFORE
I KNEW
I WAS."**

MUHAMMAD ALI 1942-2016



4. Eliminate negative language & introduce positive self-talk

Thoughts influence action. Get away from people who will tear you down.





5. Be Fearless

FAILING ISN'T YOUR ENEMY,
IT'S FEARING FAILURE THAT
TRULY CRIPPLES YOU



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6.



TAKE YOUR TIME

Take your time and be patient with your progress and professional development plans.

BE PERSISTENT

Change can take time to make, and you may find you need to adjust your goals

KEEP DEVELOPING YOUR MINDSET

Have a growth mindset

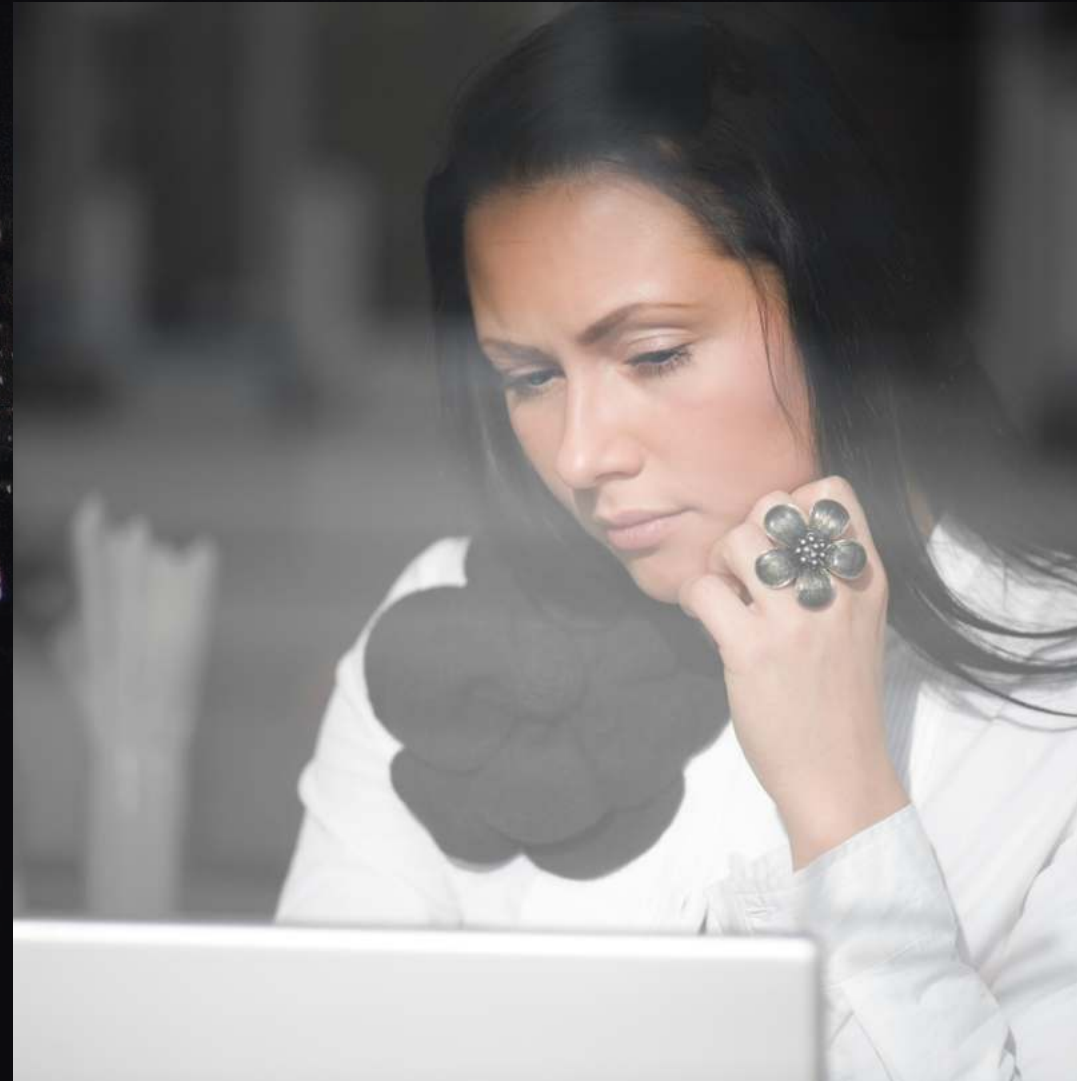
Tips for implementing confidence- building strategies





CONNECT TO YOUR INNER FEELINGS

Question yourself



ASK YOURSELF WHY YOU ARE IN THIS SITUATION

Reflect



MAKE SURE YOU HAVE GO TO PEOPLE

Revalidate

COMMUNICATION



SELF-PROMOTION

Self-promotion is vital in today's competitive driven world and self-promotion is an important tool for every professional at every level, not just for executives.

SELF PROMOTION NECESARRY CAREER SKILL



WHAT IS
YOUR PERSONAL
BRAND?

"I am so proud, within just 1,5 years of being a fulltime entrepreneur, a mentor to female professionals, I was able to sign and work with the most amazing clients like, Nike, ABN AMRO Bank, PwC, Lululemon, AKQA, just to name a few. This helps me realize my mission of an equal workplace".





1. Radiate confidence.

2. Know your strengths.

3. Don't promote yourself – promote what you believe in. Let your passion for what you do shine through.


4. We always love to talk in the we form, however use I statements when you promote yourself.

5. Start thinking about self promotion as a service.

6. Make cheerleaders & fans of colleagues; feed them with your achievements.

7. Practice your pitch!





Natalie has a strong creative strategic vision with extensive knowledge across commercial, product and merchandising.

She strives to make all athletes better through telling compelling athlete stories.
She is passionate about connecting the brand to the consumer.

She has a proven track record in creating, developing, and executing both global and local marketing campaigns through brand building and premium positioning in knowing the European Marketplace.

Natalie is highly motivated, optimistic, and empathetic leader with an athlete mindset. Her ambition is to one day to become a GM.

LYRIC
Strengths
Achievement
Mission / ambition / dream

CON NEC TIONS



70-80% OF JOBS ARE FILLED THROUGH NETWORKING.

Who is currently networking?



★ Strategic networking

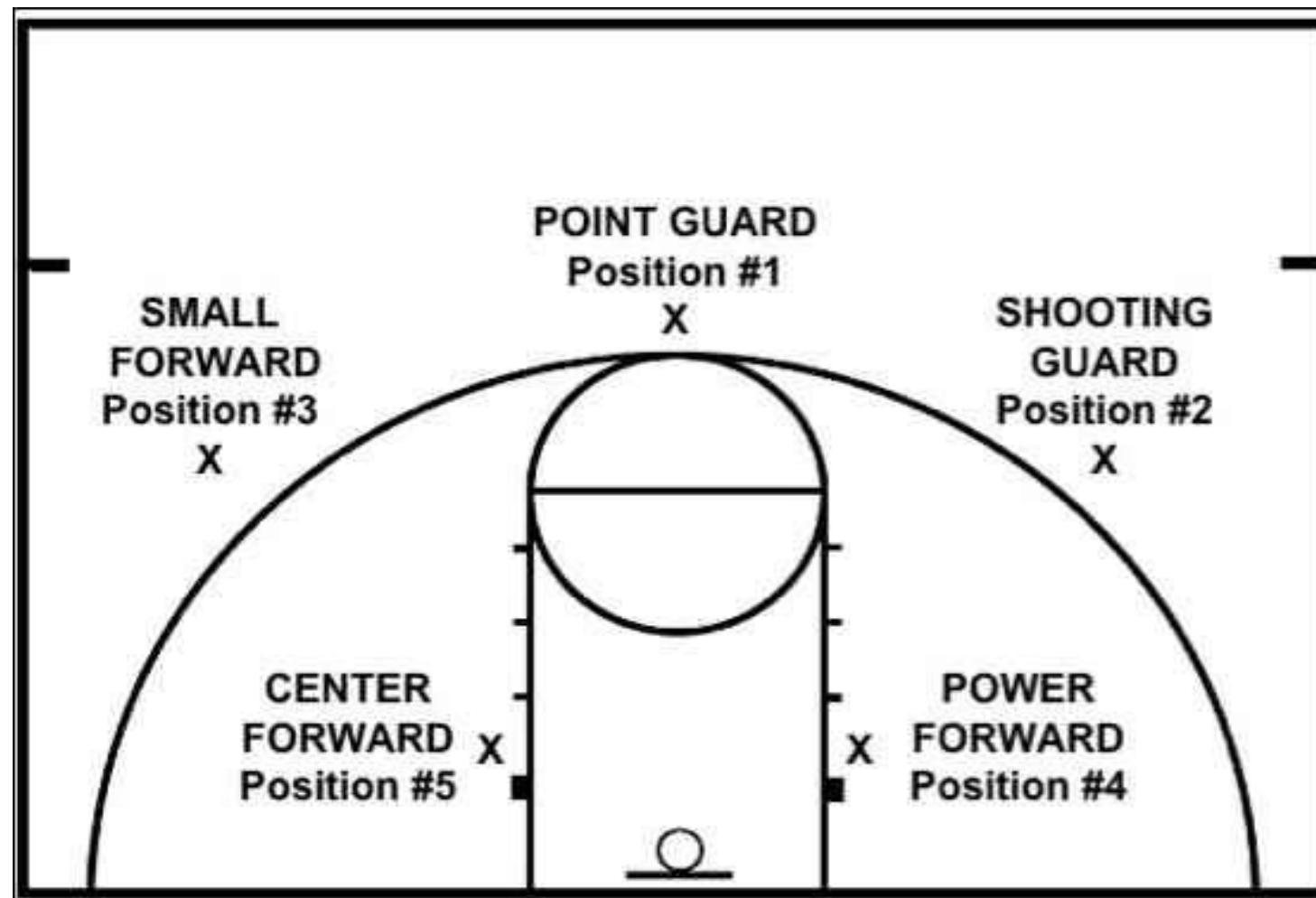
Enlisting the support of people who can help you to achieve your career goals

Personal networking

Enhancing your personal & professional development through inspiration



BUILD YOUR PERSONAL BOARD OF ADVISORS



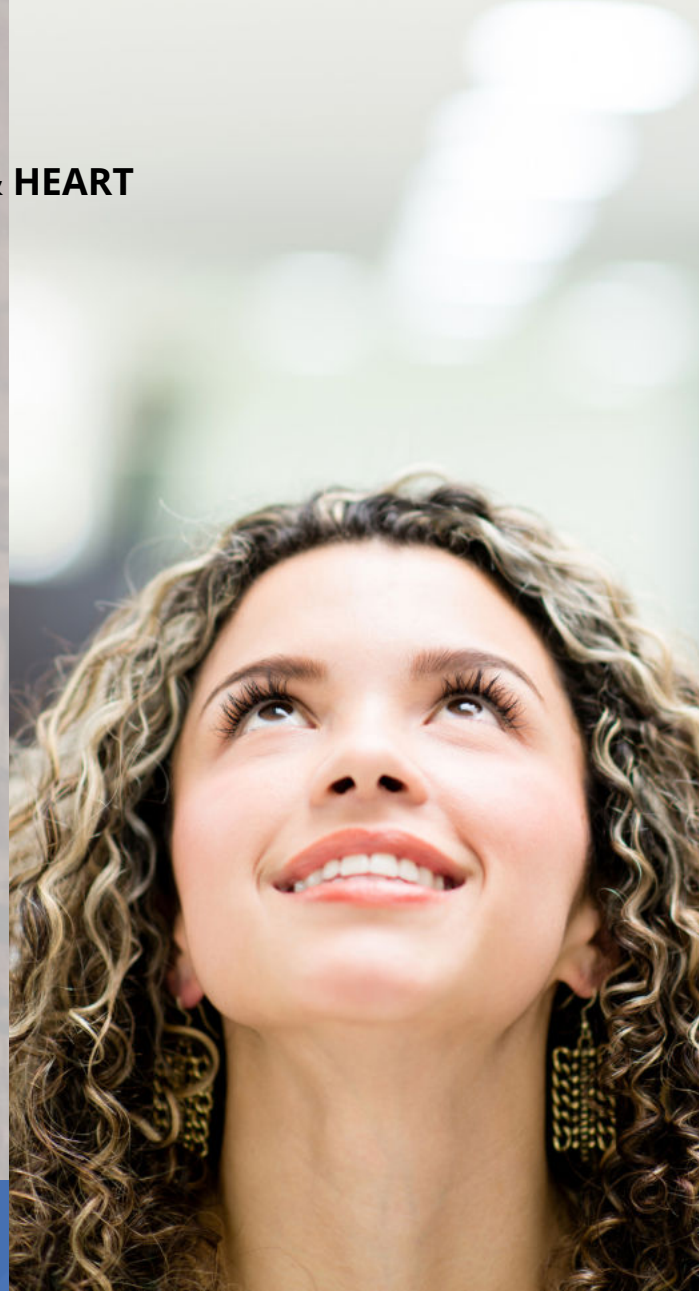
POSITIONS

1. MANAGER
2. MENTOR
3. COACH
4. SPONSOR
5. THRUTH TELLER
6. CHOIR
7. NO1 FAN
8. CREATE YOUR OWN

There are many possible roles; don't let this list limit you!



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SOMEONE
YOU
ADMIRE



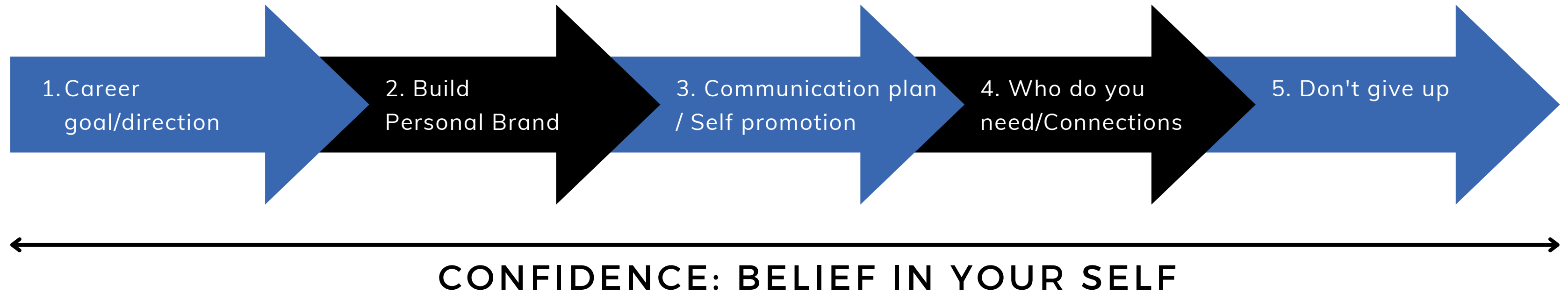
SOMEONE YOU
WOULD LIKE TO
GET TO KNOW
BETTER



SOMEONE YOU
WOULD LIKE TO
HELP







**IF YOU CAN'T CHANGE THE
PEOPLE AROUND YOU,
CHANGE THE PEOPLE
AROUND YOU.**

**IT IS OFTEN NOT ONLY
ABOUT YOU. IT'S ABOUT
WHAT WE DO FOR THE
NEXT GENERATION**



WRITING EXERCISE

Every month/quarter write an achievement letter to yourself.

PICK YOUR CHOIR

Write your lyrics

IDENTIFY YOUR TRIBE

Linked to your career goal

GET INTO PERSONAL NETWORKING

Nike is not always responsible to inspire you

Thank you! Questions



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