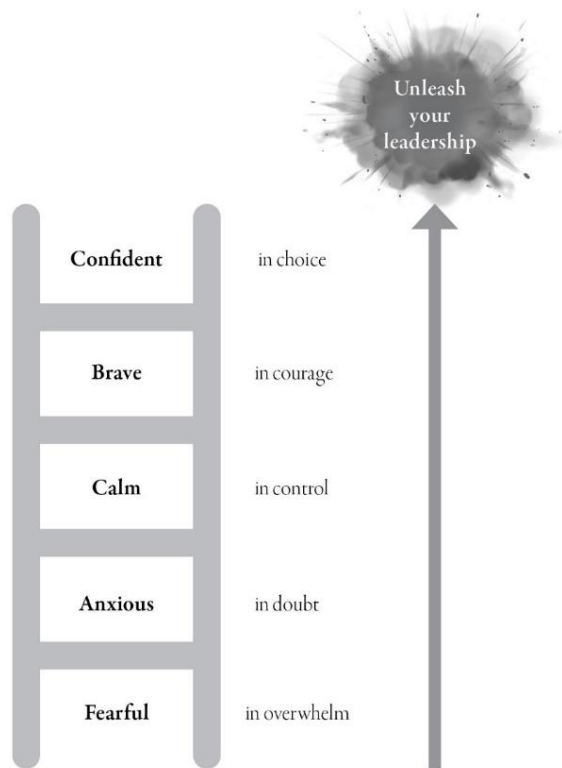




The Confidence Ladder



Excerpt from “Unleash Your Leadership : How to Worry Less and Achieve More” by Alison Reid – Figure 1, Page 18

Where would you say you spend the most time on the Confidence Ladder? Fearful, anxious, calm, brave or confident? It may depend on where you’re at in your career, or fluctuate depending on the situations you face.

Print a copy of this page to refer to and help you raise awareness of what situations and experiences are triggering you to slip down the ladder, and what helps you go up it.

