You Are Awesome

Confidence is built on accomplishments, so it’s time to reflect on the

amazing things you’ve already achieved!

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| --- | --- |
| 1. What are your 3 best qualities and 3 best skills? | 2. When have you felt proud of yourself? |
| 3. What have you achieved so far? | 4. What’s your greatest personal / professional achievement? |

You’re already smashing it, you maybe just don’t realise it!

Setting Goals

To keep building your confidence it is important to keep achieving goals, monitoring your progress, and acknowledging your success.

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| --- | --- |
| 1.How can you showcase your 3 best skills? | 2. Set yourself 3 goals for each of the following timeframes:1 month. 6 months. 12 months. |
| 3. Who will you tell about your new goals and let them know when you reach them? | 4. How will you reward yourself for reaching your goals? |

You’re far more likely to reach your goals if you write them down and share them.

What do you care about?

Fill in each box with words, phrases or sentences describing each of the headers to help you find your *why*.

|  |  |
| --- | --- |
| 1.Why are you doing your research? | 2. How does your research help people, animals or the world? |
| 3. What topics are you passionate about? | 4. What things do you daydream about? |

Common interests and shared beliefs build trust between you and your network.

Networking Training

# Live Session Resources

Career Development: Centre of the Universe Study, 2006 by UCLA and Boardex Network Diversity: Harvard Business Review

[https://hbr.org/2018/04/research-ceos-with-diverse-networks-create-higher-firm-](https://hbr.org/2018/04/research-ceos-with-diverse-networks-create-higher-firm-value) [value](https://hbr.org/2018/04/research-ceos-with-diverse-networks-create-higher-firm-value)

Connection Marketing example: Pretty Woman <https://www.youtube.com/watch?v=VxcU4q6KLyA>

Connection Marketing example: McDonalds <https://www.youtube.com/watch?v=c9mGgHeaEnw>

# Video Resources

Confidence: Jordan B Peterson, 12 Rules for Life: An Antidote to Chaos, 2018 <https://www.jordanbpeterson.com/12-rules-for-life/>

Dr. Jordan Peterson Explains 12 Rules for Life in 12 Minutes <https://www.youtube.com/watch?v=ApC0faRYabI>

Trust: Stephen M.R. Covey, The Speed of Trust: The One Thing That Changes Everything, 2006

Trust: Simon Sinek, Start with Why, 2009 <https://simonsinek.com/product/start-with-why/>

Simon Sinek Start with Why Ted Talk <https://www.youtube.com/watch?v=_-fdJzvpX60>

A QUICK way to find your WHY <https://www.youtube.com/watch?v=e1iQjFMiLuE>

Additional Reading

Thomas Erikson, Surrounded by Idiots, 2014

Johann Hari, Lost Connections: Uncovering the Real Causes of Depression – and the Unexpected Solutions, 2018

Dr Sherry Turkle, Reclaiming Conversation: The Power of Talk in a Digital Age, 2015

Erica Young, The Reliants Project <https://reliantsproject.substack.com/>

Networking for Innovation, Imperial College Business School [https://www.imperial.ac.uk/business-school/faculty-research/academic-](https://www.imperial.ac.uk/business-school/faculty-research/academic-areas/management-entrepreneurship/research/networking-innovation/) [areas/management-entrepreneurship/research/networking-innovation/](https://www.imperial.ac.uk/business-school/faculty-research/academic-areas/management-entrepreneurship/research/networking-innovation/)