

NORTHERN POWER WOMEN
PODCAST
POWER UP
SEASON

How To Adopt Self Belief & Achieve Your Goals with Irene Afful

How to build self belief within yourself

- Set yourself goals, and work towards achieving those goals
- Own your abilities and your skills
- Spend some time looking at who you are and what you do. Ask yourself what you're good at
- Don't forget to give yourself praise when you have achieved a goal you were working towards
- Nobody can do things the way you do them, only you have that uniqueness needed to show people what you're capable of

How to build self belief from external sources

- Form or join a network of likeminded people who are facing similar challenges to yourself.
- This provides a space to:
 - find support
 - listen to each other's experiences
 - provide an outlet for your collective voice

You get what you give: Positivity & Support

- Self-belief is difficult to build, and can't be done overnight
- It does come from within, but it can be supported by other people
- Make sure you surround yourself with supportive people, people who genuinely believe in you and those who can push you
- When you put positivity out there, you get it back. You will attract positive people to you.
- Uplift others as much as you want to be uplifted yourself

How to start a conversation about privilege and allyship

- Come from a place of honesty and express that you genuinely want to offer support
- This enables you to have an open conversation about some of the challenges someone may be facing
- Don't just assume you know what someone needs. It's as simple as asking the question

"what can I do to support you and your career?"