

Welcome to The Unhumble Project!

If you're here, **you're ready to start celebrating yourself** and the amazing things you do every day. Did you know women are 5 x less likely to self promote - let's change that! Self-celebration isn't something you're born with it's a skill you can learn. The Unhumble Project is brought to you by Galaxy, in partnership with Young Women's Trust. I am Tiwalola Adebayo, confidence coach, TEDx speaker, author and the founder of *Confident and Killing It* and I'm so glad you're here to begin this course together!

This short course will guide you through the Five C's of self-celebration:

Clarity, Confidence, Connection, Credibility, and Celebration.

You'll learn how to recognise your worth and talk about it confidently in real life. If self-promotion has ever felt uncomfortable, that's not your fault. Many women are taught to stay small and stay quiet. But you can change that story, you can stop shrinking and start shining!

Module 1: Clarity - Seeing Yourself Clearly

Have you ever been asked, "So what do you do?" and suddenly felt stuck? You hesitate. You downplay your achievements. You make yourself smaller, not because you lack value, but because you're not used to naming it. Before you can celebrate your wins, you need to recognise them. Think of it like driving with a dirty windscreen. The car is powerful, but without clear vision, everything feels uncertain. That's what a lack of clarity does.

**Self-promotion starts with self-awareness.
You can't celebrate what you don't recognise.**

Why Clarity Matters

Many women underestimate themselves without realising it. In a study, men and women performed almost the same on a test, yet women rated themselves lower. Same ability. Different self-belief. When you're unclear about your value, others may underestimate you too. But when you know your strengths, everything changes - how you speak, how you show up and how people respond to you.

Remember This

Your worth isn't based on your job, income, or achievements. You mattered the day you were born, and you matter now. You are already standing on a mountain of strengths. Before you move on, pause and say this out loud:

"I have worth. I have strengths. I have purpose."

When you're ready, I'll see you at the next C: Confidence.