

## Module 2: Confidence – Choosing Your Voice Over Your Fear



### Confidence isn't about being fearless, it's about choosing your voice even when fear is loud

I remember sitting in my bedroom, staring at my phone after recording a video about self-love. The message was strong, but my self-doubt was louder.

*Who do you think you are?*

*Your voice is too deep.*

*Your skin isn't clear enough.*

*This is cringe.*

*Don't post it.*

I had a choice: share the message or retreat into silence. I chose to share it.

What happened next surprised me. People didn't criticise my voice or my appearance. They connected with the honesty. That single video became the start of my career and taught me something I still carry with me today:

**Fear isn't a sign you're incapable. It's a sign you're growing.**

#### Confidence Comes From Action

Confidence isn't something you wait for. It's something you build by acting. Being visible will always feel vulnerable. When you allow yourself to be seen, you open yourself up to judgement and that can feel scary but hiding doesn't protect you. It only limits your growth, your impact, and your opportunities. Many women fall into the *readiness trap* – waiting to feel fully prepared before speaking up. But confidence doesn't come from perfection. It comes from starting before you feel ready and learning as you go.

#### Fear vs Reality

Most fear lives in imagined futures: *What if they judge me? What if they don't like me?* These are possibilities not facts. Being liked isn't the goal. Being respected and valued is. Your voice doesn't need to reach everyone. It only needs to reach the right people, *your* people.

#### Why Your Voice Matters

Think about a time you wanted to speak up but didn't. The moment passed and the regret stayed. Over time, this can quietly teach you a harmful belief: *my voice doesn't matter*. When you silence yourself, confidence shrinks. When you speak up, confidence grows. Every meaningful movement in history began because one person chose to speak.

#### A Small Confidence Promise

Take a moment to remember a time you spoke up and something positive came from it, clarity, connection, opportunity, or relief. Let that remind you: **your voice has power!** Now think of something you've been holding back. Picture yourself sharing it calmly and clearly. Make this promise to yourself:

**“Every time I'm in a group, I will make one small contribution.”**

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