

# International Confidence Month

## International Confidence Month April 2025

Congratulations on getting your organization involved in the inaugural International Confidence Month 2025.

Below is the Confident Communication Tips sheet (for Managers and Employees).

**First, please remember to register Your Company as an Official Supporter.** We'd love to celebrate your commitment to confidence!

To register your organization as an official supporter of International Confidence Month, simply email us at [admin@internationalconfidencemonth.com](mailto:admin@internationalconfidencemonth.com) with your company name and a quick note of participation. It's that easy.

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## The Confident Communication Tips sheet (for Managers and Employees)

*Quick Tips to Speak Up, Advocate for Yourself, and Navigate Difficult Conversations with Confidence*

### Why Confident Communication Matters

Speaking up in meetings, advocating for yourself, and handling challenging conversations are essential skills in the workplace. Confidence in communication helps you express ideas clearly, gain respect, and advance in your career. Use this cheat sheet to strengthen your ability to communicate with authority and impact.

#### 1. Speaking Up in Meetings

- **Prepare in Advance** – Review the agenda, jot down key points, and anticipate possible questions. Preparation builds confidence.
- **Use Power Openers** – Start with a strong statement, such as: *"I believe we should consider..."* or *"One approach we might take is..."*
- **Keep it Clear & Concise** – Avoid over-explaining; get to the point and let your message be heard.
- **Use Confident Body Language** – Sit upright, make eye contact, and avoid fidgeting. Your posture influences your delivery.
- **Ask Engaging Questions** – If you're unsure about contributing, ask a strategic question that moves the conversation forward.

#### 2. Advocating for Yourself

- **Know Your Value** – Be clear on your skills, contributions, and accomplishments so you can confidently articulate them.
- **Practice Self-Promotion** – Regularly share your wins and progress with your manager or team. Use phrases like *"I'm proud that I was able to..."*

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- **Set Boundaries & Speak Assertively** – Use "I" statements to communicate your needs. Example: *"I need more time to complete this project effectively."*
- **Negotiate with Confidence** – When discussing raises, promotions, or resources, present facts and results to support your request.
- **Follow Up** – If your request isn't immediately granted, ask: *"What steps can I take to make this happen?"* This shows initiative and determination.

## 3. Handling Difficult Conversations with Confidence

- **Stay Calm & Focused** – Take deep breaths and maintain a steady tone. Emotional control keeps the conversation productive.
- **Listen Actively** – Show understanding by summarizing the other person's points before responding. Example: *"So what I hear you saying is..."*
- **Stick to the Facts** – Avoid speculation or blaming; use concrete examples to explain your perspective.
- **Use "I" Statements** – Express your needs without sounding confrontational. Example: *"I felt concerned when..."* instead of *"You always..."*
- **End with a Solution** – Aim for a constructive outcome. Example: *"How can we work together to resolve this?"*

## 4. Bonus: Power Phrases for Confident Communication

*"I'd like to add a different perspective..."* (Introducing your thoughts)  
*"From my experience, I've found that..."* (Establishing credibility)  
*"What I need to be successful is..."* (Advocating for yourself)  
*"I understand your point, and I'd like to suggest..."* (Handling disagreements)  
*"Let's find a solution that works for both of us."* (Navigating conflicts)

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Confident communication is a skill that improves with practice. Whether you're speaking up in a meeting, advocating for yourself, or addressing a challenge, using these strategies will help you communicate with clarity, credibility, and impact.

**Start implementing these tips today and watch your confidence grow!**

Once again, thank you for involving your organization in the inaugural **International Confidence Month**.

If your organization is ready to elevate its culture and create more progressive, growth-centered spaces for your team, we invite you to consider bringing in **Karen Donaldson—Founder of International Confidence Month**, and a **sought-after Communication, Confidence, and Peak Performance Coach** featured across major media outlets in North America.

Karen is known for delivering transformational keynotes and workshop experiences that are rooted in neuroscience, emotional intelligence, and actionable strategy. Whether you're looking to inspire leadership, strengthen team confidence, or create lasting mindset shifts, her approach is powerful, relatable, and results-driven.

To learn more or book Karen for your next event, please reach out to us at [admin@internationalconfidencemonth.com](mailto:admin@internationalconfidencemonth.com)