



@quiet_the_hive
#quietthehive



hello@quietthehive.com



Quiet the **Hive**
Courageous · Inspired · Joyful · Confident · Curious

Stop Hiding and Start Shining

Jane Galloway
Founder & Director
Quiet the Hive

Career Confidence

Today's Session

- Exploring HOW we hide and what keeps us hidden
- What is a leap?
- How will you start shining?



Hiding & Shining

Playing Big - Tara Mohr

- This before that...
- Designing at the whiteboard
- Overcomplicating & endless polishing
- Collecting & curating others' ideas
- Omitting your own story
- I need the degree...



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Hiding & Shining

AND...

- Comparison
- Losing your connection to your 'why'



Hiding & Shining

DISCUSSION QUESTIONS

- What keeps you in hiding?
- How does this show up in your career?
- How could you approach things differently?
- If you don't recognise these, how do you avoid falling into their trap?



Hiding & Shining

How will you start shining?

TAKE A LEAP!

- Play bigger now
- Start and finish in 1-2 weeks
- Simple actions, easily described
- Gets adrenaline flowing
- Puts you in contact with those you want to reach or influence
- Has a learning goal at its centre



Hiding & Shining

A Leap is NOT...

- Just a decision
- Solitary
- Just shared with friends/ family - has to be with those you want to impact
- Taking a course or further education



Hiding & Shining

SELF REFLECTION

- How will you start shining?
- What is your leap?

DISCUSSION POINTS

- My leap is...
- My time line is...
- The question I'll answer/
the learning goal is...



8 elements

of Career Confidence

Moving past imposter syndrome & the inner critic

Communicating with confidence

Creating, setting & keeping your boundaries

Creating and developing resilience

Bringing your authentic self to your role

Beating procrastination

Owning & celebrating your achievements

Stop hiding and start leaping

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And that's it!

Please fill in the evaluation and I'll be eternally grateful!

Don't forget you get lifetime membership, so I'll see you next time!

All resources for **Career Confidence** hosted at <https://quietthehive.com/courses/career-confidence/the-career-confidence-resources/>

Get in touch -
hello@quietthehive.com

Instagram -
[@quiet the hive](https://www.instagram.com/quiet_the_hive)



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