

Got Guilt?

Moderators:

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Conquer guilt

- Know that guilt is a common issue and obstacle for almost everyone
- Learn how to manage guilt
- Leave feeling empowered to be more productive and feel better

Panel Introductions

- **Alyssa Dver**
Speaker/Author/Chief Confidence Officer
American Confidence Institute
- **Jim Lenner**
Village Manager/Planner
Village of Johnstown, Ohio
- **Christopher Reams**
Director, Parks, Recreation, and Libraries
Avondale, Arizona



Confidence vs. Guilt

Confidence = being satisfied with and acting in accordance to your own values and beliefs.



Guilt = How you feel when you don't do that



Confidence = “It”

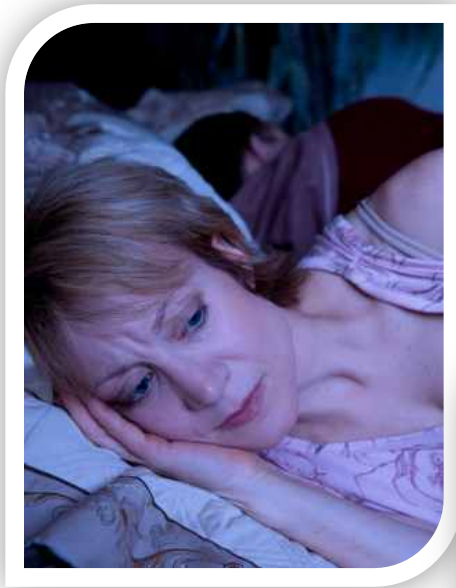


- Popular
- Attractive
- Inspirational
- Creative
- Cool
- Resilient

Bonehead Behavior



Remorse, Regret, *Guilt*



Elite Athletes Condition Confidence

- Physical/skills
- Mental
- Emotional



"If you don't have confidence, you'll always find a way not to win."

Carl Lewis

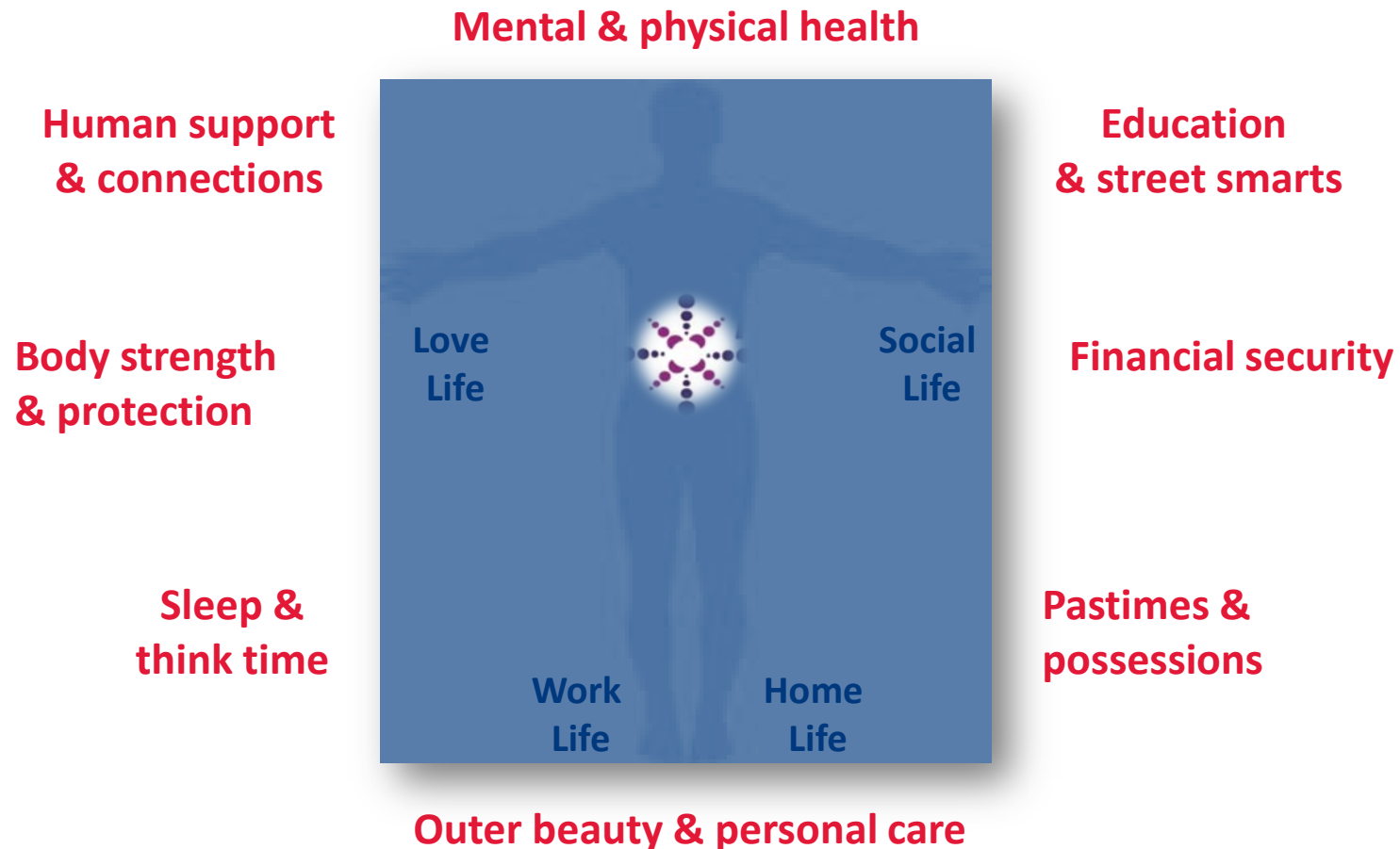
Confidence isn't genetic



≠ comprehensive
≠ consistent

✓ conditioned
✓ controlled

Key Confidence Indicators (KCI)



Assessing confidence

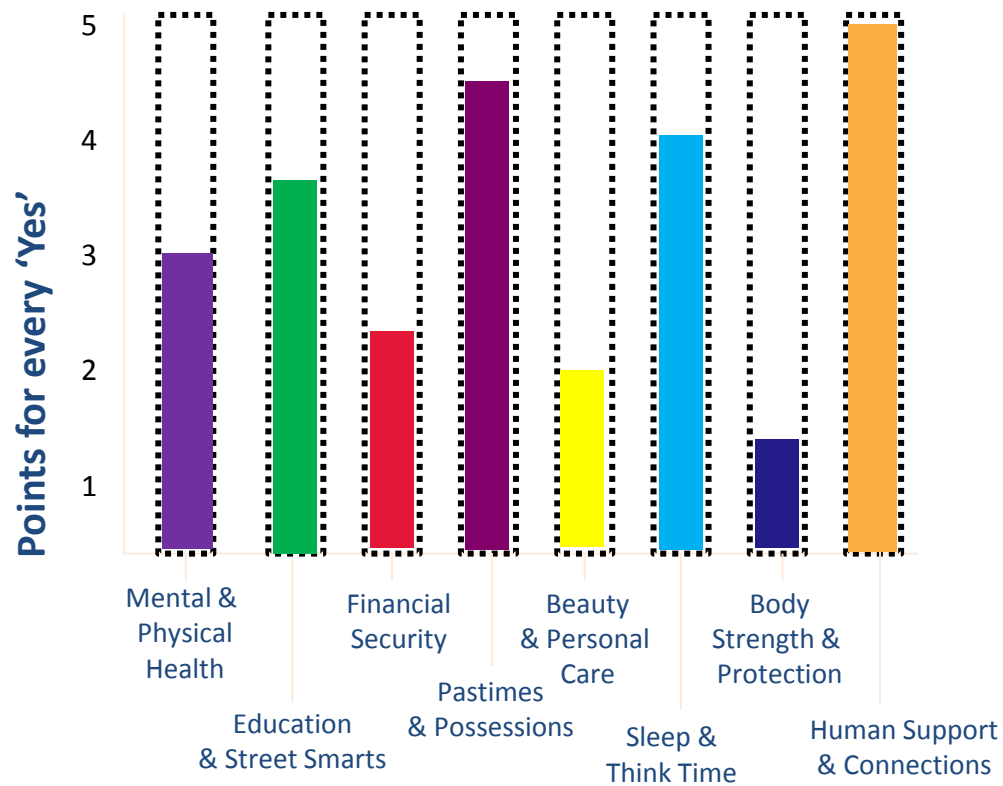
individuals



1. Can you justify the time and money you spend (or don't spend) on this?
2. Do you feel in control of this KCI more than 75% of the time?
3. Do you take deliberate action to improve this KCI every week?
4. Do you have realistic comparables to accurately measure your level in this KCI?
5. Do you have a response mechanism to take action when this KCI is stressed?

Assessing confidence

individuals



Questions/Comments?

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