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Member  
Event

# Member Webinar

Soft Skills |  
Communicating with Confidence





**Michelle Saurin**

Associate Learning  
Consultant

## About Me

- 25+ years' global experience across multiple sectors
- Specialised in Talent Management
- Focused on developing leaders of all levels



# Communicating with Confidence

- Understand & discover your confidence
- Controlling inner chatter
- Managing your nerves
- Preparing to communicate confidently





## Definition

Confidence is the psychological foundation of personal success. It unlocks human potential in remarkable ways.



# The Psychology of Confidence

100%

Learnable Skill

Confidence can be developed through  
practice

40%

Performance Boost

Improved confidence increases  
effective communication

3x

Opportunity Increase

More likely to pursue challenging  
opportunities when confident





# What is Inner Chatter?

## Constant Mental Dialogue

The average person experiences approximately **60,000** thoughts each day.

## Internal Conversations

This self-talk can be encouraging or critical, shaping our perceptions.

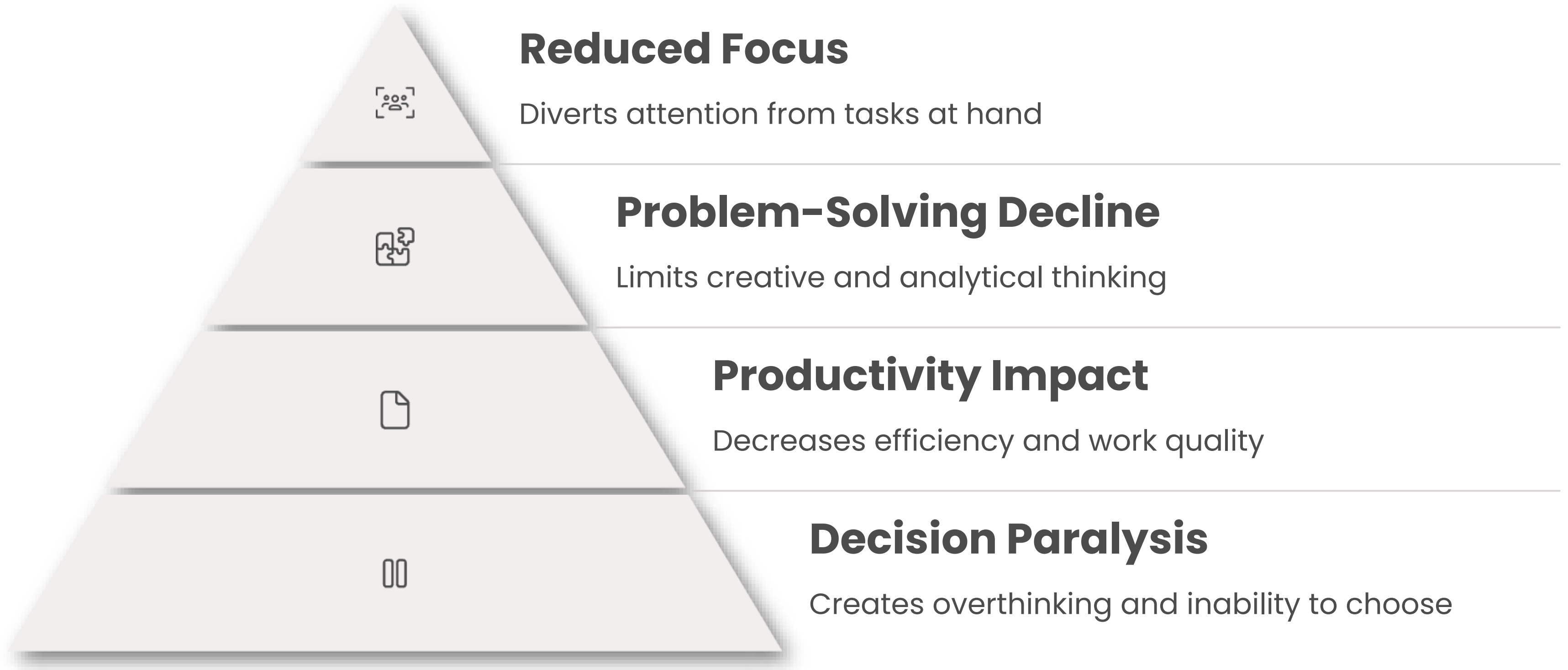








# How Inner Chatter Affects Performance





# Transforming Inner Dialogue

**Consistent Practice**

**Small Daily Changes**

**Conscious Management**

**Continuous Journey**





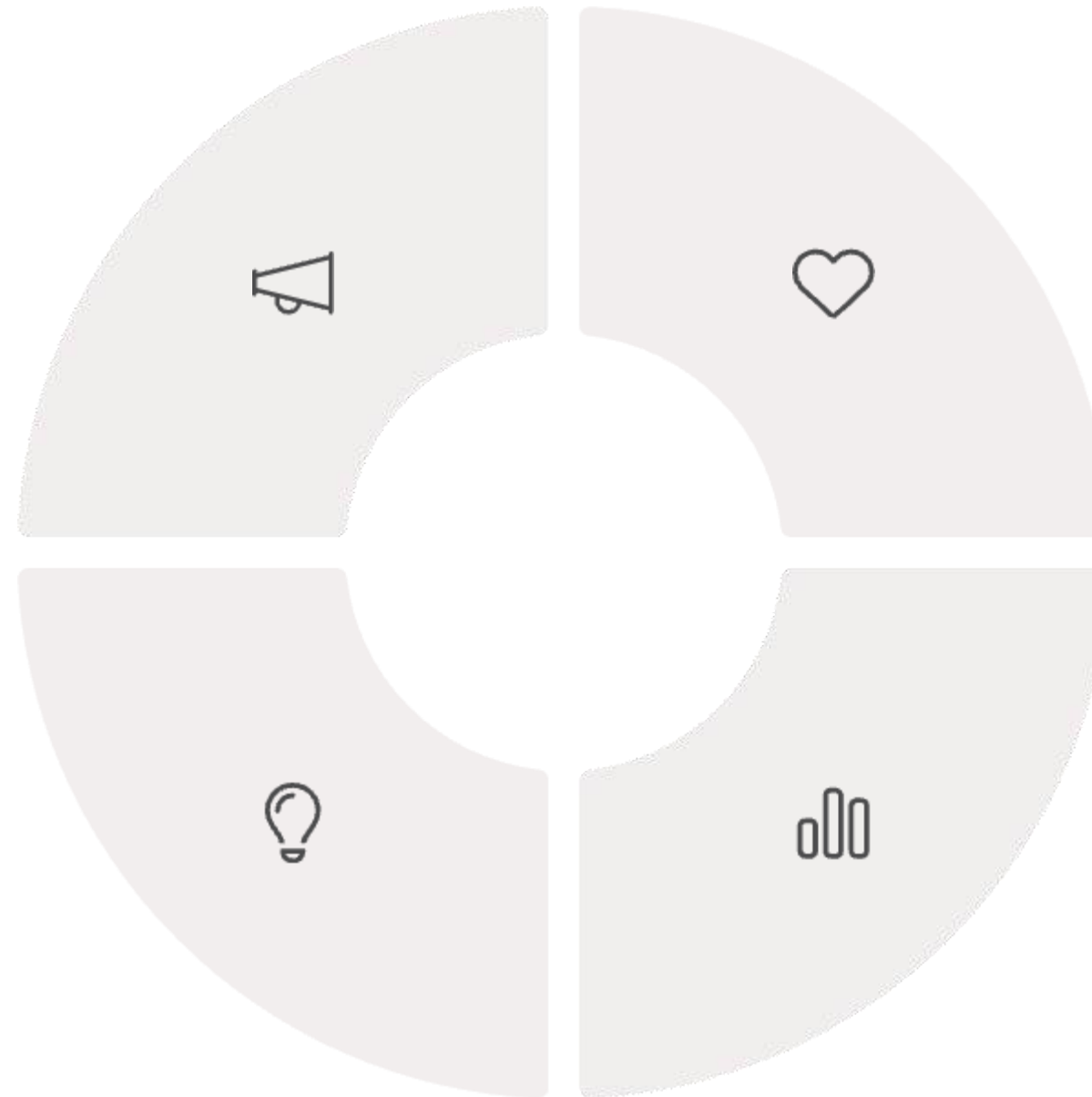
# Understanding Your Communication Style

## Assertive

- Direct, goal-oriented communication
- Speaks with authority
- Values results

## Expressive

- Idea-oriented communication
- Enthusiastic delivery
  - Values creativity



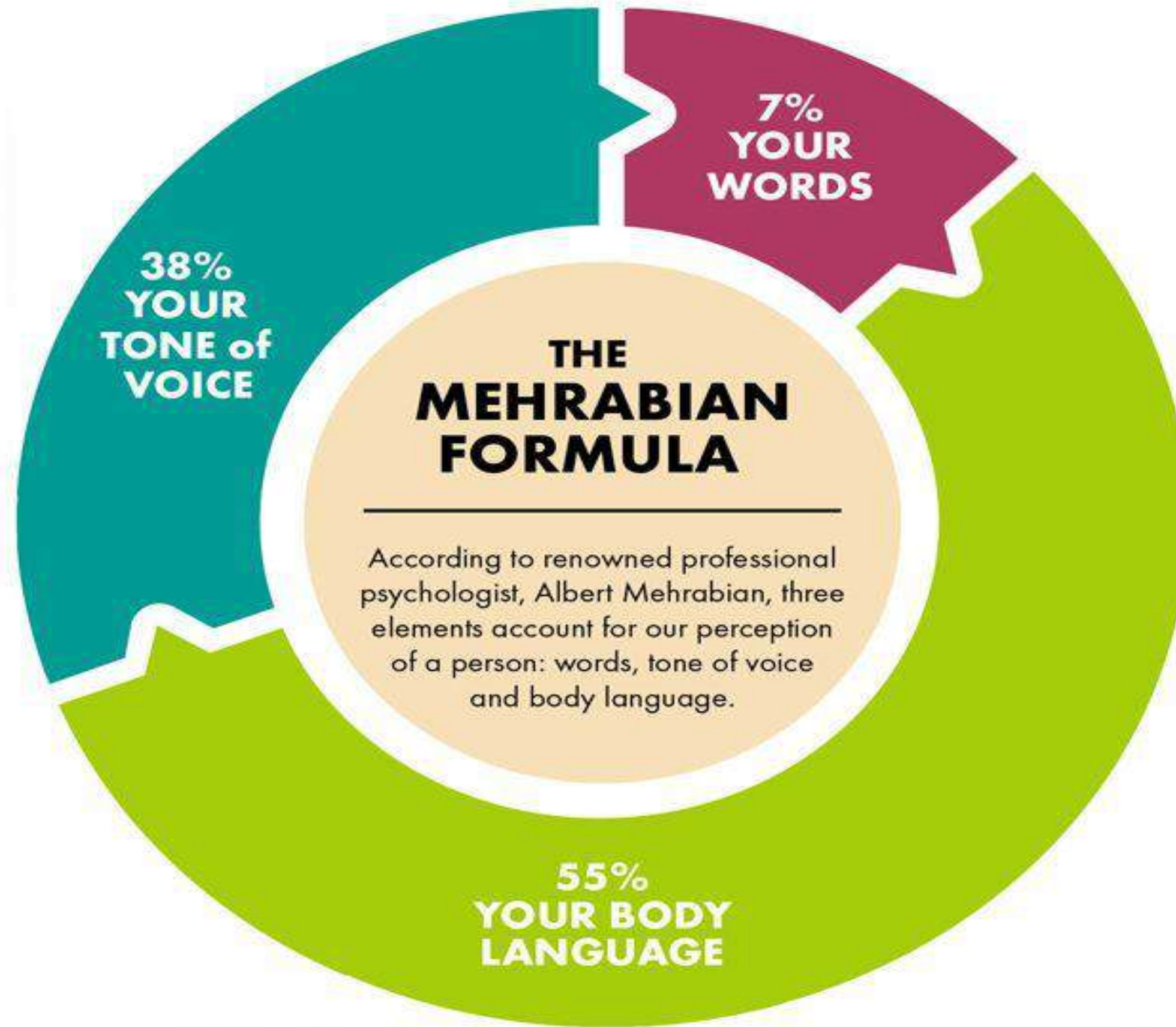
## Empathetic

- Relationship-focused communication
- Builds connections
- Shows warmth

## Analytical

- Data-driven communication
- Provides evidence
- Logical approach







# Overcoming Barriers

## Identify limiting beliefs

Recognise negative thought patterns

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## Practice breathing techniques

Control physical anxiety responses

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## Reframe negative self-talk

Transform criticism into constructive feedback

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## Visualize success

Mental rehearsal builds confidence





# Communication Strategies

## Be Clear

Simple language beats complexity every time

## Listen Actively

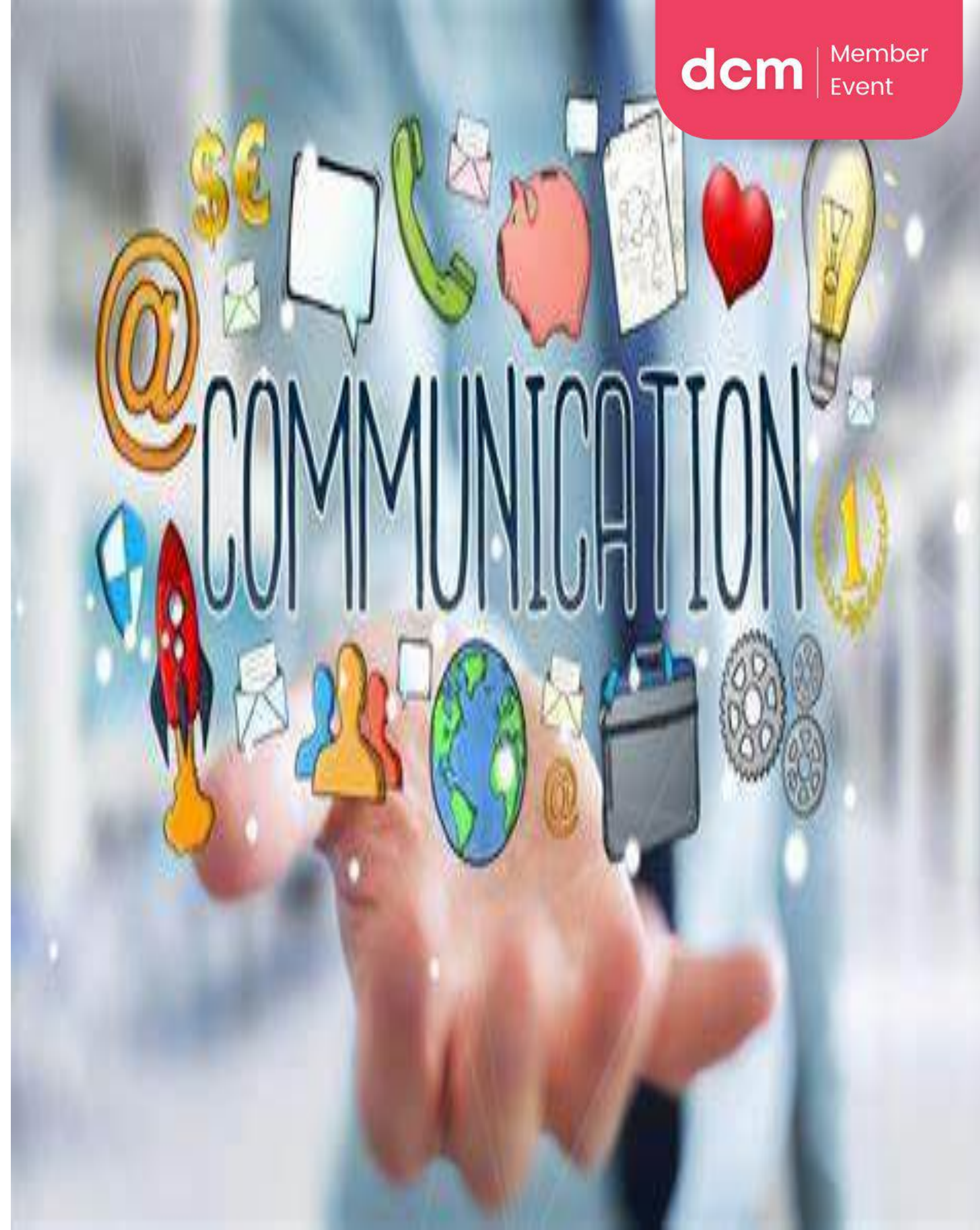
Understanding others builds your confidence

## Tell Stories

Narratives create memorable messages

## Use Pauses

Strategic silence creates powerful emphasis









“

Confidence  
is preparation. Everything else  
is beyond your control.

RICHARD KLINE



# QUESTIONS & ANSWERS?

*Ask Away.*

[michelle@dcmlearning.ie](mailto:michelle@dcmlearning.ie)