

Anchoring Confidence

[adapted from a Neuro Linguistic Programming technique]

Setting Up The Anchor:

1. Choose the desired anchor point on the body (as you want to be able to use this in interviews, make it a discreet spot like pushing two fingers together)
2. Recall a time when you felt confident.
3. Close your eyes and visualise that event, seeing it through your eyes. Hearing what you heard, feeling what you felt, seeing what you saw.
4. Anchor the emotional state (using your sensory perceptions) at the peak of feeling that state, push your fingers together and then release just before the emotion declines.
5. Distract yourself.
6. Repeat process.

Firing Off The Anchor:

1. Simply push your fingers together and you will feel the sensations of being confident.

Recharge The Anchor:

1. Whenever you are feeling confident, re-anchor the feeling by pushing your fingers together.

