



Presenting Your Authentic Self

CONFIDENCE PRACTICES

CONFIDENCE BEGINS IN THE BREATH BEFORE IT EVER REACHES THE VOICE...

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Confidence is not only built in the mind, darling, it is stitched into the breath first: steady inhale, steady heartbeat, steadying the small internal thunder before you step into the room.

BREATHE LIKE YOU MEAN IT

Confidence is not only built in the mind. Sometimes it starts in the lungs. Before the networking event, the interview, the meeting, the terrifying ritual known as “introducing yourself in a room full of strangers,” your nervous system deserves a little support.

BREATHING PRACTICES FOR HUMANS ATTEMPTING BRAVERY

Box Breathing: A steady little reset button for the brain.

Inhale for 4. Hold for 4. Exhale for 4. Pause for 4. Repeat until your thoughts stop ricocheting around like loose glitter in a wind tunnel.

4-7-8 Breathing: Like dimming the lights in an overstimulated ballroom.

Breathe in through your nose for 4. Hold for 7. Exhale slowly for 8.

Excellent for softening panic before it grows teeth.

Physiological Sigh: Fast, effective, delightfully human.

Take one deep inhale through your nose. Sip in one extra little breath at the top. Then exhale slowly through your mouth like you are releasing an entire committee of expectations. Repeat a few times as needed.

Belly Breathing: Rooted, grounding, quietly powerful.

Place one hand on your chest and one on your stomach. Let the lower hand rise first, inviting your breath deeper into the body instead of trapping it up near the ceiling beams of panic.

Longer Exhales: Like teaching your nervous system how to unclench.

If counting feels like math homework in a storm cloud, keep it simple: exhale longer than you inhale. Try breathing in for 3 and out for 6. Your body loves an unhurried exit.

POSTURE MATTERS

Feet planted. Jaw unclenched. Shoulders dropped away from your ears where they have apparently been trying to become earrings all day. Supported bodies create safer signals for the brain.

POWER POSES & OTHER TINY ACTS OF DEFIANCE

Sometimes confidence begins by taking up space before you fully believe you deserve to. Expansive postures, like the classic “Wonder Woman” stance or a full victorious stretch, can help lower stress responses and increase feelings of confidence in the body. Two minutes. That is all. A brief, intentional reminder to your nervous system that you are allowed to exist visibly. *These postures are not about pretending to be powerful, they are about interrupting the instinct to shrink.*

Before a presentation, difficult conversation, audition, interview, or networking event:

Stand tall. Open your chest. Take the shape of someone willing to be seen. The body often arrives before the confidence does.

Gentle Note: Breathing exercises and grounding practices are wonderful tools for everyday stress, anxiety, and nervous system regulation, but they are not replacements for professional mental health support. If anxiety feels chronic, severe, or overwhelming, reaching out to a licensed therapist or healthcare professional can be an important act of care for yourself.

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TINY RITUALS FOR BECOMING LESS HAUNTED BY VISIBILITY.

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Confidence is rarely a lightning strike.
It is usually a collection of repeated moments where you survive being seen.

BEFORE NETWORKING OR PRESENTATIONS

- Wear at least one thing that feels deeply like you.
- Arrive early enough to settle your nervous system.
- Remember that curiosity is more powerful than performance.
- Focus on connection, not perfection.
- Keep water nearby like a hydrated forest witch.
- Prepare three questions instead of trying to prepare your entire personality.

DAILY CONFIDENCE PRACTICES

- Speak kindly about yourself in rooms you are not currently standing in.
- Keep a "proof of competence" folder.
- Write down compliments you receive.
- Practice introducing yourself out loud.
- Celebrate completed work, not just flawless work.
- Let yourself be a beginner sometimes.
- Take up the amount of space your body naturally occupies.
- Stop apologizing for existing in meetings.
- Practice saying:
 - "I have an idea."
 - "I'd like to contribute."
 - "Can you tell me more about that?"
 - "I'm proud of this work."

REFRAMING FEAR

Instead of:

"What if they judge me?"

Try:

"What if the right people recognize me?"

Instead of:

"I need to impress everyone."

Try:

"I need to communicate clearly and honestly."

Instead of:

"I have to be the smartest person in the room."

Try:

"I can be collaborative, thoughtful, and present."

GO FORTH, STRANGE LITTLE POWERHOUSE. THE ROOM DOES NOT NEED A PERFECT VERSION OF YOU. IT NEEDS THE REAL ONE.

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