

# Nicole Kalil, Mastering Confidence: Conquering Head Trash for Positive Inner Dialogue - Episode 329

## In this Episode:

- Nicole shares her personal journey through confidence challenges and victories, gaining insights into societal influences on confidence perceptions.
- Discover the transformative power of self-appreciation and self-love in nurturing a profound and intimate relationship with yourself.
- Delve into "head trash" and acquire practical strategies to conquer negative inner dialogue for enhanced confidence.
- Understand factors contributing to women having less confidence than men, especially during specific age ranges, and explore actionable ways to reconnect with confidence.
- Explore the pivotal role of trust in fostering confidence and gain insights into how it fuels personal growth and empowerment.
- Uncover the value of having a coach who believes in coaching and invests in personal development, a game-changer in enhancing confidence.

## Notable Quotes:

“Confidence is when you know who you are, own who you're not, and choose to embrace all of it.”

“We should be first and foremost someone we love.”

“So many people have contributed to our head trash, but it's still only ever our responsibility to deal with it.”

“Nobody can give you confidence and nobody can take it away, but you can certainly surround yourself with people who support your confidence.”

## Pearls of Wisdom:

1. Don't fake it until you make it. Choose it until you become it.
2. Prioritize keeping the commitments you make to yourself.
3. If you're not currently connected to a community that serves you, go find it.

## Resources:

**Nicole Kalil** is a dynamic speaker, leadership strategist, and the host of the "This Is Woman's Work" Podcast. As an advocate for reshaping perceptions of "Woman's Work" and eliminating gender expectations, she stands out for her obsession with providing actionable insights on building confidence. A former Fortune 100 executive, Nicole now coaches women in business, offering a unique understanding of structural and social dynamics. Balancing roles as a wife, mother, and business owner, she navigates with humor, coffee, and a love for reading, wine, cheese, luxury hotels, and the occasional Peloton ride.

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Link to Nicole's Confidence Building Workbook: [http://eepurl.com/h\\_moXr](http://eepurl.com/h_moXr)

Link to this show: <https://www.kamiguildner.com/ewr-nicole-kalil-eps-328/>

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