



**GO GIRL, YOU
CAN DO THIS!**

**GENDER
CONFIDENCE
MINI EBOOK**



SIX CONFIDENCE TIPS

1. Mindset

A proper mindset promotes positive living. A wise woman once said, "you only have one choice in life, and that is your attitude." With a focused and positive mindset, you can achieve any goal you set regardless of your gender. Here are some great ways you can produce a positive mindset:

- *Stop inventing unnecessary worries. If you think negative, you can't bridge the gender confidence gap.*
- *Put post-it notes all over your house that remind you of why you are an excellent and successful person.*
- *Look in the mirror daily, and tell yourself how wonderful, beautiful, and successful you are.*

I AM, the two most powerful words used to build a confident mindset. Say it, "I am confident."

2. Dress

When you look good, you feel good. Remember, you don't have to have a million dollars in your pocket to look presentable. You can be confident in a dress or a pantsuit. Society wants to tell you how to dress as a woman to promote gender stereotypes, which does not help close the gender confidence gap. If you're not comfortable in what you are wearing, this will only hurt your confidence and self-image. Here are some great tips to help you get confidence through dress and grooming:

- *Dress in a manner that makes you confident. If you dress in something you are not comfortable in, people will know it.*
- *Dress for success. If you are going for a job interview at a farm, you don't need to be wearing Vera Wang.*
- *Brush your hair and style it in a manner that you are happy and comfortable wearing.*
- *Show yourself some love by bathing daily. When you take care of yourself, you can breed and boost your confidence.*





3. Posture

Posture is essential to your body and the soul. If you slouch around town looking like a hunchback, then you appear to be lacking self-confidence. Some end up widening the confidence gap without knowing it. As a confident woman, you should stand up straight, hold your head high, and show the world you are boss. Own yourself and show it through posture.

SELF-LOVE

COMMUNITY

NEVER GIVE UP



EXPRESSION

SELF-IMAGE



4.Manner

Your overall manner is what dictates your personality and your ideas about your gender. Your overall behavior dictates your gender and how you express yourself in the gender role. When considering your confidence in your gender as a woman, you should use the following ways to help build your confidence.

- Are you promoting gender confidence, or are you promoting gender differences as a classic cookie cutter in the kitchen? Are you boosting female empowerment as well as self-confidence by showing women they can have it anything they work hard to achieve?*
- Are you the best ambassador of yourself? Ultimately, no one else can tell you how to act; it is up to you to decide who you are and how you want to build your confidence and help close the gender gap.*

INNER STRENGTH

5.Speech

We all have different ways of speaking and communicating with others. Classic gender differences encourage women to be quiet, but that is no way to bridge the gender confidence gap as a woman. Speech is vital in combatting gender-blindness, and it promotes self-confidence. Society doesn't want to see what they are doing to women.

6.Communication

Sometimes it is hard to communicate with others, especially when they can't, won't, or don't want to talk with you. Sometimes people develop preconceived notions about you or bad ideas that have been put into their heads by society, such as a women's inability to have a civil conversation due to her hormones. We must fight prejudice and remind ourselves that through emotional intelligence, we can show confidence in our gender.

**GO OUT THERE,
GRAB YOUR
HIGHEST GOALS!**

