

‘The Humans behind the hashtags’

Judith Sabah - Confidence & Mindset Coach

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My name is Judith Sabah. I am a qualified Confidence and Mindset Coach I support individuals, especially women and entrepreneurs to believe in themselves and step into their purpose. I help people reconnect with who they truly are, have a success-driven mindset, strengthen their confidence, and lead themselves with clarity and purpose so they can thrive both personally and professionally.

Judith Sabah

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Who is Judith Sabah?

- Confidence & Mindset Coach, I help individuals, especially women and entrepreneurs think differently and believe they can!
- I had a 20+ career in senior marketing and communications roles, predominantly in the charity sector.
- I experienced challenges around self-belief, imposter syndrome, and underrepresentation. This now fuels the transformation work that I now do.
- I'm a cheerleader for success.
- I believe that everyone, has the potential to become their most successful self.

'The Humans behind the hashtags'

- ❑ Exploring what digital overwhelm really looks and feels like for you
- ❑ Learn how to gently move out of stress and into a calmer, more confident state
- ❑ Take away simple, practical tools to help you manage pressure, regain clarity and approach your work with more confidence

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To be overcome or overpowered by something

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- ❑ Where is your digital overwhelm coming from? Can you pinpoint, or even more controversial, is it you that is causing the overwhelm?
- ❑ Is there a particular time that it is present?
- ❑ Do you know the reason why the overwhelm exists?
- ❑ How does the overwhelm make you feel?
- ❑ How did it feel to write that all down?

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Overwhelm is about feeling I have something to do
+
I don't know where to start.

Unknown

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Overwhelm in the digital landscape

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Overwhelm isn't a sign that you're failing, it's a sign that you need to slow down, simplify and support yourself.

”



Value and rate you...

The overwhelm suitcase



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Sometimes being overwhelmed can be
transformative

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Building lasting confidence exercise

What does the best individual (Replace individual with your job title or your position in the activity.) that is leading (write here the leadership activity here, is it an activity, conversation, leadership mindset etc.)

- **look**
- **feel**
- **and act like?**

This is about personal power, the ability to be resourceful and to get results, bringing your best self.

Key Takeaways

- It's time for you to pause, reflect and centre yourself
- Where is your digital overwhelm coming from?
- Overwhelm isn't a sign you're failing, it's a sign that you need to slow down, simplify and support yourself
- "You cannot pour from an empty cup"
- Own and believe what you bring to the table of life and lean into them
- Pack your overwhelm suitcase wisely, don't carry unnecessary worries today
- Own your personal power, look, feel, act like

Q & A Time

Judith Sabah

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