

# 5 EASY STEPS TO

# More Confidence!

DR ANNE WHITEHOUSE





We women have intelligence, talents, competence. We have so much to offer the world and so much to achieve for our own fulfilment in life. The trouble is that often we don't have the confidence we need to fulfil our highest potential.

If you lack confidence it holds you back in your career, in your personal life. What's more, it can lead to stress, anxiety, imposter syndrome which undermines our wellbeing and our success. But you can change this.

**Confidence isn't about our abilities, or our personality. It's an energetic vibration which is created from within.**

Learn to hold that vibration, and you shift the energy of your life, This is THE RE-POWER® my exclusive system that transforms how you feel, and the energy you project into the world.

If you want more impact, more presence, and to speak up when it matters - in meetings, with men, in public - you can pull back your power and shine.

Start using these quick and easy techniques regularly, and you will begin to feel more confident in your everyday life.

Let's get started!

*Dr Anne*  
x

# STEP #1 REMIND YOURSELF OF YOUR RIGHTS AND

## Value



When we are put down by others, hurt or crushed, we take on on lies about our self-worth. These act like poison, undermining our confidence.

The way you feel about yourself and the world is created by your subconscious mind, and not your conscious mind. Your subconscious mind has believed all those lies. Not only that, it believes you're still a little girl - vulnerable - and thinks other people have the right to punish you!

It's time you gave yourself an new appraisal of who you are.

Remind yourself that you are an intelligent adult woman with the right to choose your own life, give an opinion, and be treated with respect and equality.

Everyone else in the world is just a human being. They are your equal. Nobody has power over you.

Now remind yourself of everything you've achieved in your life. All your qualifications, gifts, wisdom, accomplishments, competence, virtues. Imagine you are writing a CV to the universe!

Take a good look at it - sit with it - more than likely you'll be astonished at just how much you have to offer to the world.

**THIS IS THE TRUTH! THIS IS YOUR NEW BENCHMARK!**

From now on, each morning, remind yourself of how amazing you really are. It only takes a couple of seconds, but it shifts your mindset to radiate your value into your day and into your life.

# STEP #2 STOP CRITICISING YOURSELF

# Forever!

Nothing sabotages your confidence as effectively as self-criticism!

I'm sure you've heard of the Law of Attraction...The energy you put out into the world attracts people and experiences of similar vibration. So, ask yourself this:

**Are you treating yourself as you want to be treated?**

Most women certainly aren't. Far from it! we get up in the morning, stress about our appearance. We look in the mirror and tell ourselves we look old, ugly and fat, and we're not good enough.

*Treat yourself as you want to be treated!*

We beat ourselves up at the drop of a hat, setting ourselves impossible and inappropriate standards of so-called perfection that we would never impose on anyone else.

Instead of this making us better people, it undermines us from within, and blocks our fulfilment and joy in life.

The result - we are giving a strong message to the world and everyone around us - that we don't deserve to be loved, appreciated, respected!

Instead, imagine that you are your own best friend, or younger sister. How would you talk to her?

Yes, you deserve and need all that same support, love, compassion and understanding.

Use this check-in with yourself. If you wouldn't say it to her, don't say it to you!



## STEP #3

# ACTIVATE YOUR

# Power Centre

Now that you're taking action with your mind, you can start on the energy of your life too. It's time to start changing the energy of your life.

To increase your confidence and radiate your true power in the world, you need to activate the centre of power in your body, and fill it with positive energy.

**YOU'RE GOING TO ACTIVATE YOUR POWER CENTRE NOW.**



- Sit down and close your eyes. Then breathe deeply into your abdomen. Imagine that you are breathing the air right down into a point about 4cm below your waist. This is your creative power centre.
- With each breath feel the energy getting stronger and stronger. Imagine it expanding, making all your cells tingle with energy. Imagine that you are creating a ball of light and power there.
- Now imagine that ball of light expanding outside your body getting bigger and bigger.
- Focus on that energy centre and feel how brilliant and expansive it is. Allow that strength to flow right through your body. Let it fill you with courage and brilliance.

Do this often, it only takes a minute.

The more you fill yourself with this energy and activate your power centre, the safer and more confident your mind and body will feel.

# STEP #4 UPDATE YOUR

# Understanding



When you're stressed or worried about something this is because your mind and body perceive it as dangerous. These fears are your subconscious mind's knee-jerk reaction. Once a fear reaction starts, this produces the usual cascade of stress hormones in your body which make you feel worse and worse. Argh!

These reactions got programmed into your system when you were probably very young - at a time when you were vulnerable, easily scared and you didn't understand what was genuine danger and what wasn't.



Now, you're in a completely different situation. You're an adult woman with years of experience. You know what real dangers might be in a situation and what might really happen.

So, next time you feel anxious or worried, take a moment to connect to your inner wisdom. Close your eyes, take a few deep breaths and activate your power centre.

Now ask yourself this:

"As the experienced, adult woman I am today, what is the real danger in this situation? What's really going to happen?"



What does your subconscious think is going to happen? 99 times out of 100 it will be totally over-reacting and imaging huge disasters and dangers which are either impossible or extremely unlikely.

Use your analytical mind and your logic. What does your intelligence tell you? What is the probability of something terrible really happening?

Even if something challenging or unpleasant happens, remember that you are an empowered adult. You can deal with it competently. It's not the end of the world. You won't be destroyed.

Hold that understanding, and let it soak into your mind and body, replacing that old reaction with the new adult version. By focusing on the truth of this, you will begin to replace those extreme knee-jerk reactions that have cause you so much stress without you realising it.

Feel your anxiety reducing!



# BE THE LION

*Not The Prey!*

This one is the game-changer!

Imagine a herd of antelope on the plains of Africa. They are always super-alert looking for any sign of movement which means potential attack. When you're feeling vulnerable with someone, inferior and in danger, you're actually doing much the same thing as that antelope.

You're putting all your attention on the other person. Psychologically you are making yourself the 'energetic prey' and projecting vulnerability!



- Take your focus and attention away from the other person. Literally bring your mental focus back to yourself. Imagine bringing that point of focus towards you until you're focusing on your own body.
- If you find it difficult to start with, focus on different parts of your body, your arms, chest, shoulders, head, etc. This has the effect of bringing your power back to you. Hold that focus!!
- Now that you have this focus, remind yourself again of your value, your rights and your power.
- Practise this technique and you'll feel more and more confident in your interactions with other people.

Do this often, it only takes a minute.

The more you fill yourself with this energy and activate your power centre, the safer and more confident your mind and body will feel.

# SUMMARY



## 1 YOUR RIGHTS & VALUE

Focused deep breathing can be an effective way to be more mindful.

## 2 ACTIVATE POWER CENTRE

Energise your power centre in your abdomen and your body feels safer and more resilient.

## 3 BE THE LION

Bring your focus back TO YOU and your power magnifies instantaneously.

## 4 STOP CRITICISING YOURSELF

Treat yourself as you would treat a beloved friend, and transform the message you give out.

## 5 UPDATE YOUR UNDERSTANDING

Release the understandings you took on as a child. You're safer than you think!



WANT TO GO

Deeper?

# 40 DAYS TO DOUBLE YOUR CONFIDENCE

In this ground-breaking training you learn Dr Anne's unique RE-POWER® ENERGETIC SYSTEM that re-powers your mind and body.

This gives you the ability to change your response to situations and people that used to drain your power, cause anxiety, and keep you silent and invisible.

Without changing your personality, or faking anything, you can magnify your power whenever you need to.

CLICK HERE TO  
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## ABOUT

Dr Anne  
PHD FRSA

BEST-SELLING AUTHOR OF  
'PULL BACK YOUR POWER'

SUCCESS HEALER TO  
PROFESSIONAL WOMEN

FOUNDER OF  
FEMALE POWER ALCHEMY  
&  
THE RE-POWER®



Anne Whitehouse, PhD FRSA, is a leading expert in Female Power, a success healer, best-selling author with over 20 years experience helping high-achieving women to thrive and fulfil their dreams. A former metallurgical engineer, the strain of succeeding in that 'boys' club' world caused her to spiral into a spectacular burnout 25 years ago. A pattern experienced by many high-flying women.

Dr Anne has spent two decades unravelling the hidden power dynamic that undermines women - and has developed a unique solution. Her work integrates the worlds of scientific analysis, subconscious reprogramming and subtle energies.

A thought-leader and change-maker, she frees women from the deep-seated roots that cause our visibility fears, the gender confidence gap, imposter syndrome and holding back instead of shining.

Her ground-breaking techniques put you in control of the power. Your system feels safe, and it becomes automatic to speak up, hold authority, sail through limits, flourish in the spotlight and make a bigger impact than you ever thought possible. Aggressive toxic situations become 'water off a duck's back'.

It becomes safe to shine as a powerful woman, instead of censoring yourself to fit into the expectations of others.

Dr Anne has worked with hundreds of women, worldwide, helping them step into more success, more visibility and more impact - without the stress!



# WHAT MY CLIENTS SAY



"The results are frankly amazing!"

I had worked with Anne as a personal mentor and gained so much from her extraordinary insights and interventions, that I was keen to get more of her wisdom in a different mentoring scenario. It was refreshing to work with a group of like-minded women and to know that others experience the same issues.

The combination of Anne's clear teaching about her research and knowledge, and practical interaction with other women was powerful. And the results are frankly amazing! Problematic relationships have improved and power-draining situations have reversed.

Lucy McCarraher  
Publisher, Author,  
Founder of the Business Book Awards



"It feels like I am rebuilding myself, but with a stronger foundation."

It feels like I am rebuilding myself, but with a stronger foundation underneath. This was a totally alien concept to me initially. The thought that I could have been held back and blocked from achieving what I really wanted because of ancestral energy patterns in my subconscious, seemed unreal. Although it was something I didn't really understand, I just went with it. The programme encourages you to look into your past for patterns. Making these connections can be quite powerful not only in the healing process, but in trying to break free from old energies and belief systems. It is from that place that change can really occur. It feels like I am rebuilding myself, but with a stronger foundation underneath. This is a journey that builds. Thank you Anne x

Louise Gaskell  
Nutritionist



"I feel more safe, relaxed, in my own power."

I feel more aligned with my true power, have set boundaries in some relationships. I created more abundance (not directly/only via my business). And I feel more safe, relaxed, in my own power. When I lose that for a moment, I regain it back much quicker, with the help of her amazing PowerPractices, the healings & clearings, Anne provided and the deeper understanding about the power systems we live in. If you want to make an impactful leap: please join Anne's programme as quick as you can!

Marjon te Riele  
Transformational Coach



"The course with Anne has been incredible and truly life changing!"

I am so grateful to have found her. Anne is with you guiding you every step of the way to finding and then keeping your power. It takes persistence and is quite a journey, but the benefits can manifest in all areas of your life. Thank you Anne! It's been really amazing – thank you SO much for sharing your wisdom and being so supportive throughout this process. I hope to continue to get better and better at not losing and holding my power. No fear, feeling safe, feeling loved, being ME. X

Megan

CLICK HERE TO  
FIND OUT MORE



# WHAT MY CLIENTS SAY

"I am so pleased I took action and joined."

I was initially reluctant to join Anne's programme, it sounded great but something was holding me back, that "something" was my subconscious mind. There was part of me that felt afraid of the deep changes that would inevitably happen. I'm so pleased that I took action and joined. The self study programme and downloadable meditations have all contributed to moving me into a much better place where I'm finally reclaiming and holding my power. Thank you for a wonderful experience Anne.

Sandra  
Author & Coach

"I am a new person with so much faith and confidence."

I feel a lot has shifted in my life in these few weeks. It has been a life-changing experience that I'm ever so grateful for. A lot of things come to the surface during the course and this is amazing. One thing for sure is my life will never be the same again. I feel I am a new person with so much faith and confidence as so many blocks have been removed. Thank you Anne.

Danielle R.

"I feel stronger inside and protected on the outside."

It's hard to put into words the changes that have happened within me with this particular program - the best way is to say it is that I feel stronger inside & protected on the outside.

Vimi  
Multiple Business Owner

"I'm so glad I took a chance on Dr Anne's techniques."

I've spent my whole career as the 'one woman in the room' with a load of men. I always felt that I had to be twice as good as them, and still wasn't given the credibility I wanted. The confidence training really changed things for me. The reactions of my colleagues had less and less effect on me, and I have actually started to feel on an equal level with them.

Basically, that feeling of battle begun to go. I was nervous about the training initially because I didn't think anything could be done, but I'm so glad I took a chance on Dr Anne's techniques.

Helena Tan  
Engineer

"It was transformative."

First, I bought Anne's book. 'Interesting', I thought, and gave it to my daughter to read as well. Then I listened to some of her meditations. 'What a lovely woman' I thought, 'what a lovely voice'. Then the email came through about the course. I couldn't afford it. I couldn't NOT afford it. So I did it. It was transformative. If you do the course I recommend selecting a 1-2-1 with Anne as part of the package. INMHO, this work is part of a (welcome) societal change. One that will really help us, and our daughters - and by extension - our sons. Prepare to be discombobulated! I feel freer, and more optimistic.

When I look at what other women are achieving I don't feel jealous - I feel really delighted for them and hopeful that I, too, might be able to try and do the same in my own terms. I know I still have more work to do, but what the course and working with you has done has given me some important tools, and well as providing a flaming torch to follow going forward.

Kate  
Writer

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Dr Anne x

AUTHOR SUCCESS HEALER FEMALE POWER ALCHEMIST



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