

BECOMING CONFIDENT: 3 MUST HAVES to Release the Fawning Pattern

Hosted By

Cora Rennie

**FREE
TRAINING
Workbook**



If CONFIDENCE were an article of clothing in your wardrobe, what would it be?

Describe a situation in your past, or a circumstance you'll be facing in your future, where you wish you had been confident, or could be confident going into it?

What have you tried before, to be or feel more confident?

To BE / BECOME confident, what do you feel describes you most accurately right now:

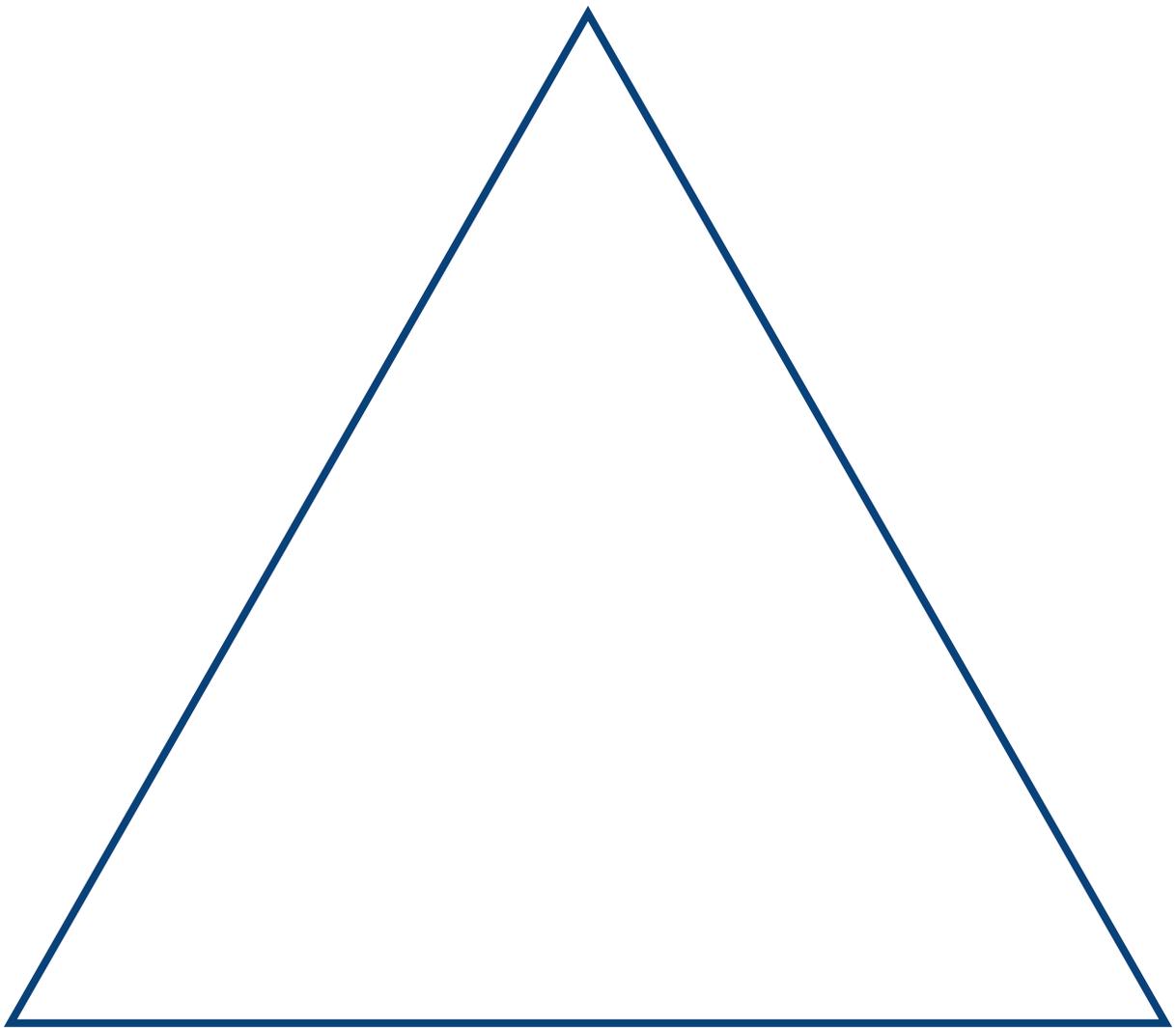
- a) Probably a quick tip, or easy 1-2-3 strategy would get me there, I just have to find the right one
- b) It'll probably take a lot of work and a lot of time but I'm willing to put in the effort because feeling confident will make a world of difference
- c) It's going to take a complete overhaul – I'll need to change everything about how I operate in the world to get me from here to confidence
- d) I don't actually think it's possible for me to be like other people in the world who just seem to ooze confidence no matter what
- e) All of the above

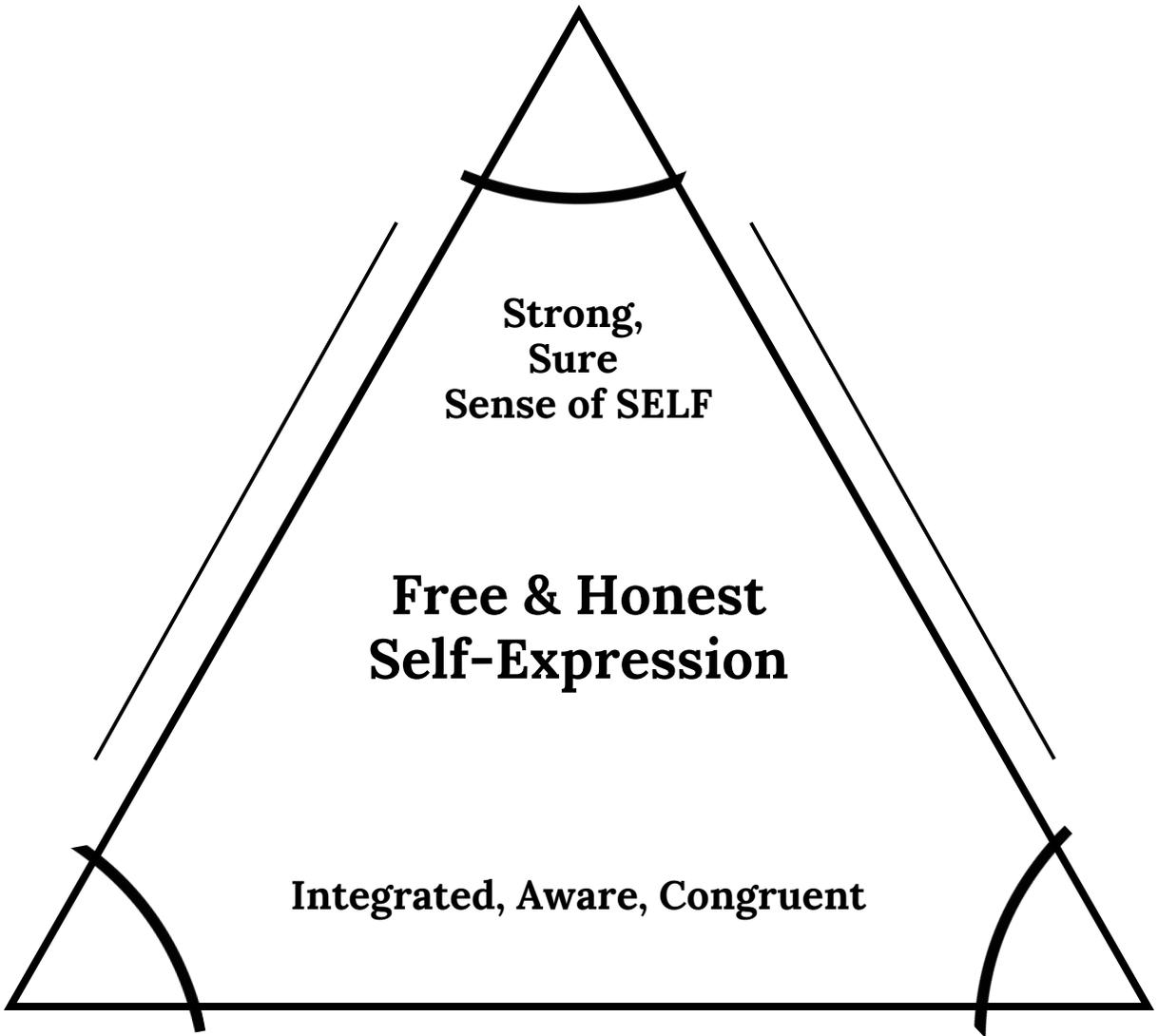
**Words that describe
People Pleasing**

**Words that describe
Confidence**

What does “being confident” result in? Why do you want to feel confident? What does it allow you to experience?

keep asking this to get to deeper layers and place answers inside the triangle





**Life or Death
if they SEE ME**



"I can't express" injury

"I don't matter" injury

FAWNING

**Life or Death
if they LEAVE ME**

"I can't say no" injury

**Life or Death
if I BE ME**



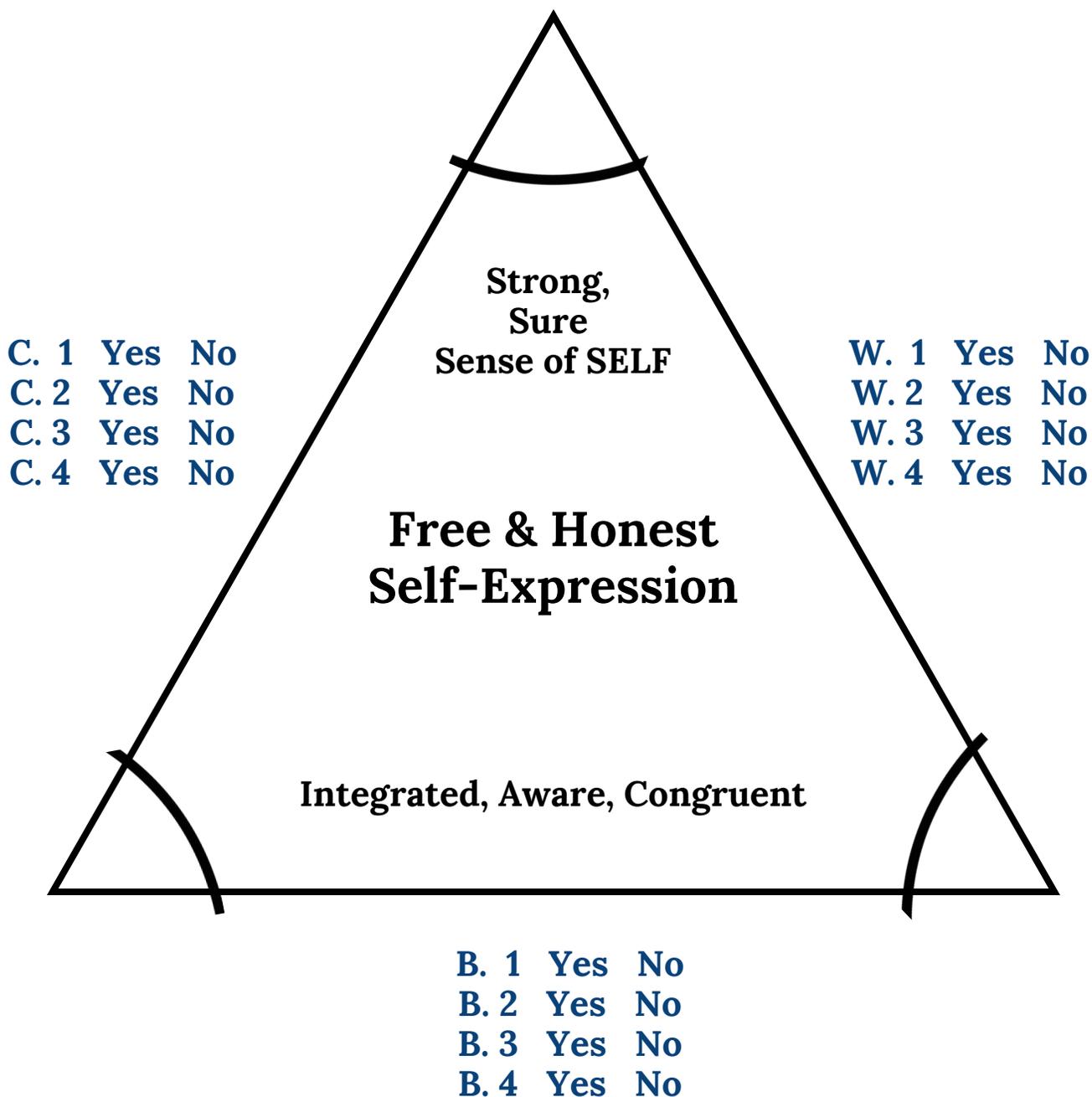
These perpetuating
“I can’t express”
“I don’t matter”
“I can’t say no”
protections
aren’t the problem.

These are your system
PROBLEM-SOLVING
for you!



- CORA RENNIE-

**Self-Assessment: for each statement I read out,
if you have it fully integrated into your life,
mark as GREEN/Yes, otherwise mark it as RED/No**



How do you define CONFIDENCE now?

Cora describes “versions” of awkwardness. What is your understanding or definition of Confidence now? And what is your unique flavour of confidence?!

To BE / BECOME confident, what do you feel describes you most accurately right now:

- a) Probably a quick tip, or easy 1-2-3 strategy would get me there, I just have to find the right one
- b) It'll probably take a lot of work and a lot of time but I'm willing to put in the effort because feeling confident will make a world of difference
- c) It's going to take a complete overhaul – I'll need to change everything about how I operate in the world to get me from here to confidence
- d) I don't actually think it's possible for me to be like other people in the world who just seem to ooze confidence no matter what
- e) **NONE OF THE ABOVE: there's a way to be gentle with my 0-3 year old self, to support her in the way she was not supported in moments of overwhelm, and to open up possibility for her whispers to be heard and for her delightful knowing (and mistakes) to express unapologetically in the world, utterly and completely okay if she's not everyone's cup of tea**

Meet Your Host Cora Rennie

Cora is a recovering people-pleaser, and identifies as a highly sensitive deep-feeler. Through her training to become a biodynamic craniosacral therapist, Cora gained profound insights into the body's innate wisdom, and learned directly in her own body, the importance of a felt-sense of safety.

Cora incorporates the foundations of the cranio modality with her personal gifts and own lifelong healing experiences, to support others in their recovery-of-self processes.

She believes there are key components to true, deep, lasting healing that communicate directly to the physiological wiring of our systems, and providing those elements allows for us to cultivate a deep sense of self, resilience, and trust.

Her work combines an understanding of natural body responses with deeply attuned presence for those navigating complex emotional landscapes.



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