

# *Confident & Killing It*

@TIWALOWLA

@CONFIDENTANDKILLINGIT

# ABOUT ME

**Confident  
& Killing It**

FOUNDER  
CONFIDENT AND KILLING IT

QUALIFIED LIFE COACH SPECIALISING IN  
POSITIVE PSYCHOLOGY

IF OPRAH AND BEYONCÉ HAD  
A BABY IT WOULD BE ME

VIACOMCBS

depop

sky studios

MG 



beautystack



COMPANIES  
WE'VE  
WORKED WITH



Deloitte.



Google



# I AM Remarkable

iWEIGH



THE  TIMES  
THE SUNDAY TIMES



TODAY!

# ***THE ART AND SCIENCE OF HAPPINESS***

5 habits to unlock more happiness in life

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MY JOURNEY

***THE WOMAN  
I AM TODAY  
WAS BUILT***



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WHAT'S HAPPINESS?

***HAPPINESS IS A SKILL  
NOT JUST A FEELING***

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HAPPINESS MYTHS

***HAPPINESS COMES ONLY AFTER  
YOU ACHIEVE THE GOAL***

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HAPPINESS TRUTHS

***THE BETTER YOUR  
BRAIN IS AT USING ITS ENERGY  
TO FOCUS ON THE POSITIVES,  
THE GREATER YOUR CHANCES  
AT SUCCESS.***

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HAPPINESS MYTHS

***NEGATIVE EMOTIONS  
ARE THE ENEMY***

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HAPPINESS TRUTHS

***EMOTIONS ARE JUST  
ENERGY IN M O T I O N***

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HAPPINESS MYTHS

***FEELING GOOD = BEING GOOD***  
***FEELING BAD = BEING BAD***

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HAPPINESS TRUTHS

**WHO YOU ARE**  
**≠**  
**HOW YOU FEEL**  
**WHAT HAPPENS TO YOU**

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# THE SCIENCE OF HAPPINESS

POSITIVE EMOTIONS

ENGAGEMENT

RELATIONSHIPS

MEANING

ACCOMPLISHMENT

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POSITIVE EMOTION

***THOUGHTS***

**=**

***FEELINGS***

**=**

***ACTIONS***

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**POSITIVE EMOTION**

***EMBRACE YOUR EMOTIONS***

***POSITIVE AND NEGATIVE  
EMOTIONS ARE HEALTHY.  
THE KEY IS NOT TO GET STUCK***

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**WHEN THINGS  
GO WRONG - DON'T  
INTERNALISE IT**

I'M NOT GOOD ENOUGH

I'M A FAILURE

I CAN'T BOUNCE BACK FROM THIS

HAPPINESS HABIT 1

**REMEMBER 3 A'S**

**ACKNOWLEDGE**

**ARTICULATE**

**ALLOW**

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**PRACTICE MINDFULNESS  
AND GRATITUDE**

**JOURNAL OR SPEAK TO SOMEONE  
YOU TRUST ABOUT YOUR FEELINGS**

**ALLOW YOURSELF  
TO MOVE FORWARD**

**ENGAGEMENT**

**ENGAGEMENT**  
**=**  
**ENERGY FLOW**  
**INTEREST**  
**CONNECTION**

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HAPPINESS HABIT 2

**CHANGE YOUR  
“HAVE TO-DO LIST”  
INTO A “GET TO-DO LIST”**

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**RELATIONSHIPS**

***STRONG RELATIONSHIPS  
ARE THE SINGLE MOST  
CONSISTENT PREDICTOR OF  
WELLBEING***

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**HAPPINESS HABIT 3**

***INVEST IN YOUR  
RELATIONSHIPS***

***NETWORK INTERNALLY AND  
EXTERNALLY***

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MEANING

**MEANING:**

**WHAT YOU DO**

**+**

**WHY YOU DO IT + WHO BENEFITS**

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**HAPPINESS HABIT 4**

## ***ACTS OF SERVICE***

***WHO WAS BETTER OFF  
TODAY BECAUSE OF ME?***

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**ACCOMPLISHMENT**

***REFLECTING ON YOUR  
PROGRESS MAKES YOU MORE  
CONFIDENT AND OPTIMISTIC  
ABOUT THE FUTURE***

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HAPPINESS HABIT 5

***KEEP TRACK OF YOUR  
WINS AND CELEBRATE  
YOUR ACCOMPLISHMENTS***

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# HAPPINESS RECAP

POSITIVE EMOTIONS

ENGAGEMENT

RELATIONSHIPS

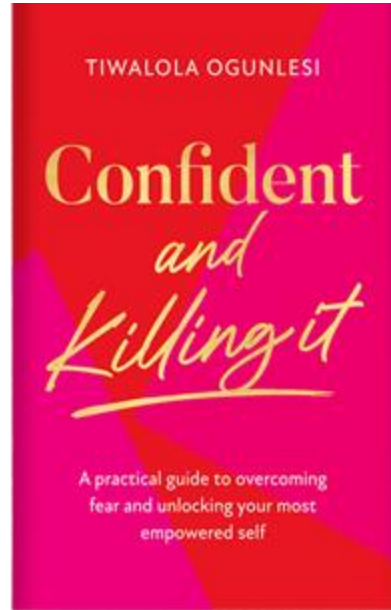
MEANING

ACCOMPLISHMENT

Q&A + ADDITIONAL  
RESOURCES



SCAN ME



**THANK YOU**

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PODCAST & BOOK

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