Linda Sevilla

WORKPLACE WELLNESS & TRAINING

Confidence Under Pressure

When Being Prepared Isn't Enough

A 60-minute interactive workplace wellness workshop exploring why confidence can sometimes disappear in high-pressure situations, even when we're capable and well-prepared, and how learned responses and mental rehearsal may help us approach those moments differently.



You know what you're doing. You've prepared. So why does your confidence sometimes disappear when it matters most?

You may be perfectly capable of doing your job, yet find yourself second-guessing your decisions, struggling to speak up in meetings, or feeling unusually nervous when you're being evaluated.

In this interactive workshop, Linda Sevilla explores how learned associations, past experiences, and automatic responses may influence how we think, feel, and behave in high-pressure situations, even when we consciously know we're capable.

Participants will also have the opportunity to experience an optional guided group hypnosis exercise designed to help them mentally rehearse responding to challenging situations with greater confidence and develop a personally meaningful confidence cue they can continue practicing afterward.

lindasevillawellness.com **linda@lindasevillawellness.com**

What Participants Will Learn

Confidence Under Pressure introduces participants to the possibility that feeling nervous, hesitant, or unsure in challenging situations may have little to do with their actual abilities.

Through education, private reflection, and an optional guided group hypnosis experience, participants explore how past experiences, learned associations, and automatic responses may influence their confidence, while developing a practical technique they can use when approaching situations that feel intimidating or stressful.

Understanding Confidence Under Pressure

Explore why confidence can sometimes disappear in situations involving evaluation, uncertainty, or high expectations, even when someone has the knowledge, skills, and experience to succeed.

Recognizing Learned Associations

Explore how past experiences, criticism, embarrassment, or expectations about performance may contribute to automatic feelings of nervousness or self-doubt, even when someone consciously knows they're capable.

Understanding the Difference Between Ability and Response

Discover how automatic stress responses can influence our thinking, confidence, and behaviour in challenging situations, and why feeling nervous doesn't necessarily mean we're unprepared or incapable.

Developing a Personal Confidence Cue

Explore how mental rehearsal and a personally meaningful cue may help participants approach challenging situations differently. Through an optional guided hypnosis experience, participants will develop and rehearse their own confidence cue to continue practicing afterward.

What Happens During the Workshop?

This 60-minute live virtual workshop combines accessible education, private reflection, practical techniques, and an optional guided group hypnosis experience.

Participants are invited to consider situations in which their confidence seems to diminish despite having the necessary knowledge or skills. They'll explore how past experiences, expectations, and automatic responses may influence how they feel and behave under pressure. No one is required to share personal experiences, and participation in hypnosis is entirely voluntary.

The workshop concludes with a practical technique participants can continue using to help them approach challenging situations with greater confidence and composure.

The Group Hypnosis Experience

During the optional guided hypnosis experience, participants are invited to imagine themselves approaching a situation in which they would like to feel more confident.

Rather than prescribing the same response to everyone, Linda guides participants in identifying how they would prefer to think, feel, and behave in that situation.

For one person, that might mean imagining speaking clearly and comfortably during a meeting. For another, it could be responding calmly to unexpected questions, trusting their own judgment, or feeling more at ease when presenting their ideas.

Participants then mentally rehearse responding in their preferred way while developing a personally meaningful confidence cue they can associate with that experience.

The intention is to introduce a practical technique they can continue practicing independently when preparing for future challenges.

Linda's Professional Background

B.Ed. | Bachelor of Education

27 years | Practicing hypnotherapy since 1999

22 years | Teaching hypnotherapy since 2004

Founder | Horizon Center School of Hypnotherapy and CACHE

Who Is This Workshop For?

Confidence Under Pressure is designed for organizations whose employees sometimes struggle with nervousness, hesitation, or self-doubt in situations where they're expected to perform, communicate, or make decisions.

It's particularly relevant to workplaces where presentations, evaluations, leadership responsibilities, or high expectations can create pressure, even for capable and experienced professionals.

Especially relevant for:

- Professionals who experience nervousness when presenting ideas, speaking in meetings, or addressing groups
- Managers and emerging leaders developing confidence in decision-making and communication
- Employees preparing for presentations, interviews, evaluations, or important conversations
- Client-facing teams who regularly respond to questions, objections, or unexpected situations
- Organizations interested in supporting employee confidence, professional development, and performance under pressure

Research Supporting This Workshop

Research in performance psychology has examined how pressure, anxiety, learned expectations, and beliefs about our abilities can influence how we think and perform in challenging situations.

The following studies provide a scientific foundation for understanding why confidence and performance don't always reflect actual ability, and how approaches such as mental rehearsal may help people prepare for demanding situations.

When Capable People Struggle Under Pressure

Beilock & Carr (2005) · Experimental research

Researchers found that performance pressure could interfere with complex problem-solving, particularly among individuals with high working-memory capacity. The findings suggest that pressure can temporarily disrupt the mental resources people rely on to perform well, even when they have strong abilities.

Read the research

The Relationship Between Confidence and Performance

Stajkovic & Luthans (1998) · Meta-analysis · 114 studies

A meta-analysis involving 21,616 participants found a significant positive relationship between self-efficacy—people's beliefs about their ability to perform specific tasks—and work-related performance. The findings suggest that perceived capability is an important factor in performance, although the strength of the relationship varies across tasks and settings.

Read the research

How Mental Rehearsal Can Improve Performance

Toth et al. (2020) · Meta-analysis · 37 studies

A meta-analysis of 37 studies found that mentally rehearsing a task had a small but statistically significant positive effect on performance. The benefits varied according to the type of task, imagery used, and duration of practice.

Read the research

Want to Explore This Subject More Deeply?

The one-hour Confidence Under Pressure workshop introduces participants to the learned associations, expectations, and automatic responses that may contribute to nervousness or self-doubt in challenging situations, along with a practical technique they can continue using independently.

For organizations interested in going further, Linda also offers the opportunity to develop a six-week program exploring these patterns in greater depth.

An extended series can examine the influence of past experiences, fear of criticism or evaluation, perfectionism, self-doubt, beliefs about competence, and the development of more helpful responses to challenging situations.

Ask about the six-week Confidence Under Pressure program:
https://lindasevillawellness.com/workshops/confidence-under-pressure

Looking for Something Different?

Every workplace has its own challenges. If Confidence Under Pressure isn't quite what your organization needs, Linda can develop a customized workshop or multi-session program designed around your team's particular circumstances.

An initial consultation provides an opportunity to discuss your organization's goals, the challenges your employees are experiencing, and the format that would best meet your needs.

Explore customized programs: lindasevillawellness.com/customized-programs

Bring Confidence Under Pressure to Your Team

Confidence Under Pressure is available as a 60-minute live virtual workplace wellness workshop, with an optional guided group hypnosis experience.

To discuss workshop availability, participant numbers, or an extended program, contact Linda Sevilla.

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Educational workshop. Participation in group hypnosis is voluntary. The workshop does not replace individualized medical or mental health care.

"Linda brings not only a wealth of hypnotherapeutic skill and knowledge to her classroom, but also fantastic teaching methodology, ethical integrity and enthusiasm for her students' growth."

KAI CHENG THOM

"I can't say enough about the amazing work Linda does. She is professional, effective and caring."

MARK WATTS