NEW BOOK – 2026

Comfortable in Your Own Skin

How to Trust Yourself, Find Your Voice and Handle People with Confidence

A practical approach to confidence without performance.

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THE PROBLEM

We often confuse confidence with performance.

When we are too focused on how we are being judged, part of our attention leaves the conversation and starts monitoring us instead.

Performance

How am I coming across?
What should I say next?
Do they approve of me?

Presence

What is happening here?
What matters?
What does this moment need?

> *"The harder we try to appear confident, the more self-conscious we can become."*

THE CENTRAL IDEA

Confidence is not learning how to impress people.

It is becoming comfortable enough with who you are that you no longer need to.

That changes how you speak, listen, disagree, set boundaries and respond when things become uncomfortable.

Comfort with yourself creates comfort for others.

THE JOURNEY

The book moves from inner confidence to human connection.

1. **Self**

   Know what you stand for. Stop performing for approval.

2. **Presence**

   Use voice, body language and pauses without acting a role.

3. **Connection**

   Listen, notice, ask and tell stories that connect.

4. **Voice**

   Say what you mean. Set boundaries. Stand your ground.

5. **Pressure**

   Handle criticism, conflict and difficult people with steadiness.

6. **Trust**

   Become someone around whom others can be honest and themselves.

GROUND

A place to return when pressure, uncertainty or emotion starts making choices for you.

Not a rigid six-step script — a set of bearings.

G Get comfortable with yourself

R Regulate before you react

O Observe before you assume

U Understand before you answer

N Name what needs to be said

D Decide what deserves your energy

The GROUND Beneath You

The ideas in this book can be gathered into one practical compass:



HOW CONFIDENCE GROWS

Confidence is built from evidence, not wishful thinking.



You speak when you would once have stayed silent. You make a mistake and recover. You hear criticism without collapsing. You say no and discover you can tolerate another person’s disappointment.

“The action becomes evidence. Over time, evidence becomes trust.”

IN PRACTICE

Confidence shows up in ordinary conversations

Speak up

Contribute because it helps the conversation — not because you need to prove you belong.

Listen

Stay long enough to understand what the person means, not merely long enough to prepare your reply.

Say no

A respectful no protects the quality of your yes. Explain what helps, then stop.

Receive criticism

Understand it, test it and keep what is useful without handing someone else authority over your identity.

Clearer. Calmer. Less performance.

“A trigger is information, not instruction.”

The aim is not to become unaffected. It is to create enough space between reaction and behaviour to choose your response.

1 Notice

What happened — and what did it trigger in me?

2 Separate

What is fact, and what am I assuming?

3 Choose

What response reflects who I want to be?

Other people’s behaviour remains theirs. Your response remains yours.

The strongest confidence leaves room for other people.

When you need less reassurance, agreement and status protection, other people have more room to be honest, disagree, know more than you do, make mistakes and be themselves.

Honesty

You can hear it without punishing the person for giving it.

Boundaries

You can hold your own without demanding surrender from others.

Trust

Your words and standards still line up when it becomes inconvenient.

Generosity

Someone else can shine without their light reducing your own.

Comfort with yourself creates comfort for others.

Comfortable in Your Own Skin

How to Trust Yourself, Find Your Voice and Handle People with Confidence

For readers who want practical confidence — without becoming someone else to achieve it.

AVAILABLE ON AMAZON

Or Search: “Comfortable in Your Own Skin” + Ronald Kohlman



About Ronald

- Ronald is a seasoned IT professional with deep expertise in program management, test management, and the successful delivery of complex enterprise technology solutions.
- With a proven track record across global transformation initiatives, he brings strong leadership in governance frameworks, cross-continental team coordination, and executive-level consulting.
- Drawing on decades of hands-on experience, Ronald has authored a series of practical, industry-focused guides that support IT professionals, project leaders, and organisations in navigating modern delivery challenges. His publications offer actionable frameworks built from real-world insight.





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Technology Advisory | **Delivery Assurance** | **Transformation Leadership**

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