

# Confidence Building Strategies

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# Have Confidence

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- Self confidence is the difference between feeling unstoppable and feeling scared.
- Your perception of yourself has a huge impact on others and how others perceive you.
- Perception is reality - the more self confidence you have, the more likely it is you'll succeed.
- You know what confident people look like, the advantages they get and that it's something worth emulating.

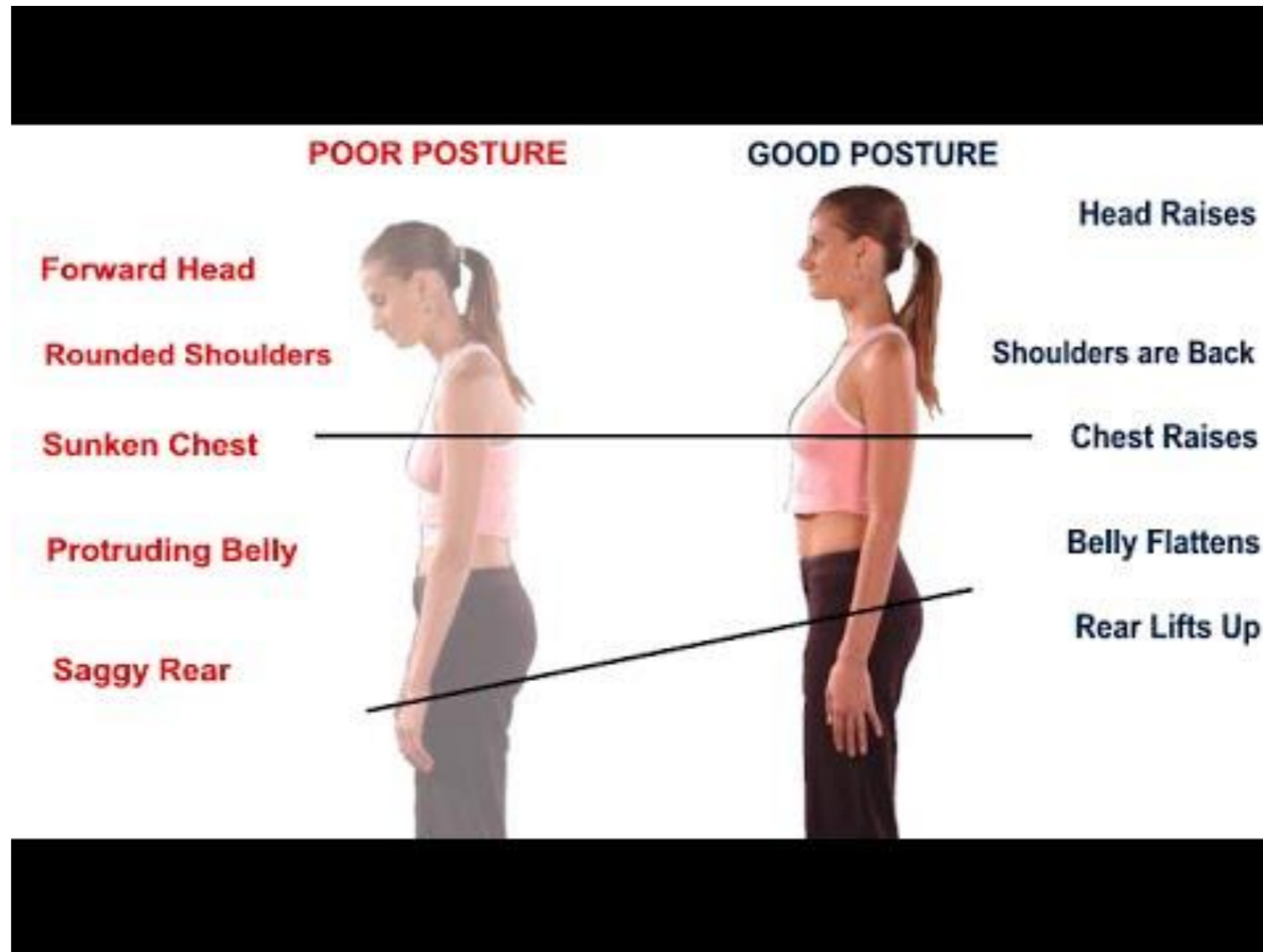


How to feel more  
confident



**YOU NEVER GET A  
SECOND CHANCE  
TO MAKE A  
FIRST IMPRESSION**

# Good posture



# Good posture

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- The way a person carries herself tells a story.
- Slumped shoulders and lethargic movements display a lack of self confidence.

# Shake hands!

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# Fake it 'til you make it

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# Eye contact

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# Smile !

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Running on the [hamster](#) wheel of self doubt?

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Imagine the course your life might take if you can  
silence your inner critic

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# Walk faster !

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# Walk faster

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- An easy way to tell how a person feels.
- Slow, tired, painful?
- Energetic and purposeful?
- Places to go, people to see..
- Even if you aren't in a hurry, you can increase your self confidence by putting some pep in your step.
- Walking 25% faster will make you feel and look more confident.

# Pantene Shine Strong video

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Sorry! Sorry! Sorry! Sorry!  
Sorry! Sorry! Sorry! Sorry!  
Sorry! Sorry! Sorry! Sorry!  
Sorry! Sorry! Sorry! Sorry!  
Sorry! Sorry! Sorry! Sorry!

# Dress to impress

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- No one is more conscious of the way you look than you.
- If you've never taken steps to improve your wardrobe, you may not realise the dramatic effect it can have on your confidence levels.
- When you don't look good, it affects the way you carry yourself and interact.
- When how you appear is in sync with how you want people to view you, confidence can easily follow.



# Motivate yourself into an exercise routine you'll stick to

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# Get active!

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- If getting active and staying healthy were easy, everyone would do it....but we don't.
- The effects of working out on your confidence are so overwhelming that it can't be understated.
- When you exercise, your body releases a cocktail of endorphins making you feel positive.

Listen to motivational talks

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# Compliment others

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- When we think negatively about ourselves, we often project that feeling on to others in the form of insults and gossip.
- To break this cycle of negativity, get in the habit of praising others.
- Make an effort to praise and compliment, in the process you will be appreciated and become well liked and in the process build self confidence.
- By looking for the best in others, you bring out the best in yourself.



Front row.

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# Sit in the front row

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- In meetings around the world people constantly strive to sit at the back of the room.
- Most people prefer the back because they're afraid of being noticed.
- By deciding to sit in the front row, you can get over this irrational fear and build your self confidence.
- You'll also be more visible to the key people talking from the front of the room.

# Speak up

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- During group discussions some people never speak up because they're afraid that others will judge them for saying something stupid.
- This fear isn't really justified as people are far more accepting than we imagine.
- Most people are dealing with the exact same fears.
- By making an effort to speak up at least once in every group discussion you'll become a better public speaker and more confident in your own thoughts.

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"I will practice gratitude  
to access joy."

- Brené Brown

TheGratefulist.com





# Gratitude

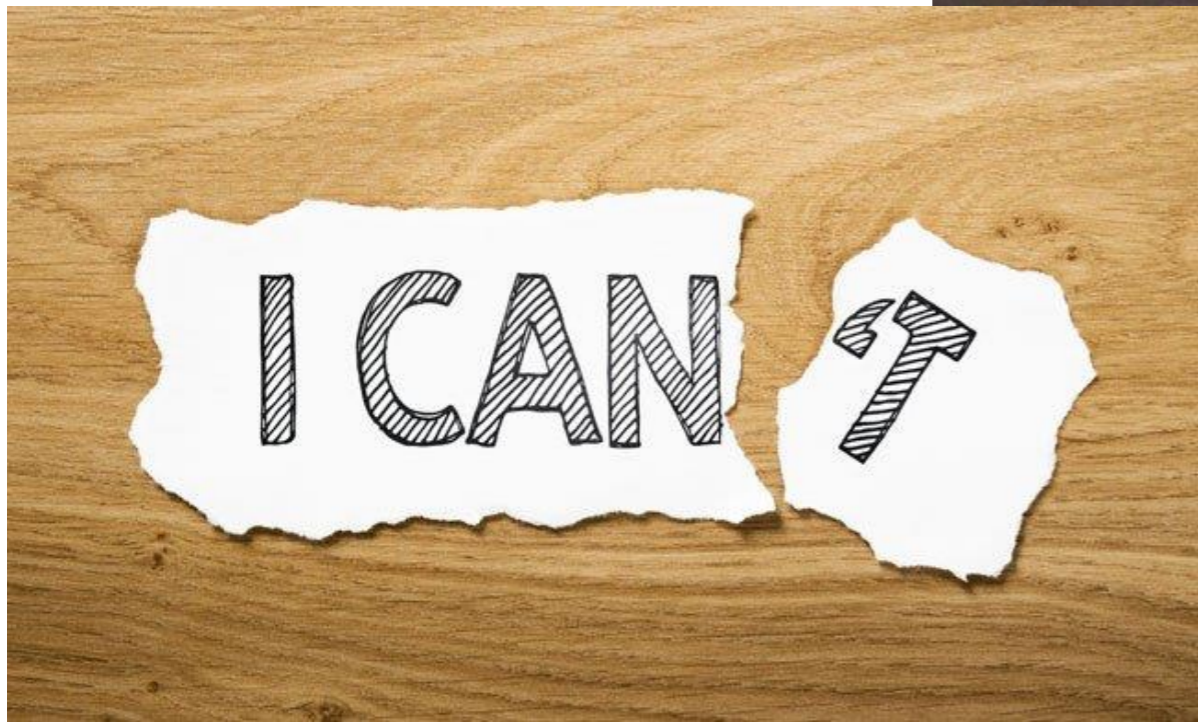
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- When you focus too much on what you want, the mind creates reasons why you can't have it.
- This leads you to dwell on your weaknesses.
- Therefore a great strategy to avoid this is by focusing on everything you have to be grateful for.
- Recall past successes, unique skills, loving relationships

# Focus on contribution

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- We focus too much on ourselves and not on the needs of others.
- If you stop thinking about yourself and concentrate on the contribution you are making to the rest of the world, you won't worry as much about your own flaws.




"You must do the  
thing you think  
you cannot do."  
- Eleanor  
Roosevelt

# Favourite careers question

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WHAT WOULD YOU  
ATTEMPT TO DO  
IF YOU KNEW YOU  
COULD NOT FAIL?



THANK  
you !