

***Understanding and Gaining***  
***Confidence***

# ***What is confidence?***

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- The word comes from Latin “*Confidentia*”, which means 'to put one's trust in someone' - that someone being ourselves.
- The Oxford English Dictionary defines 'confidence' as being self-assured and feeling or showing self-reliance.
- The Australian Oxford Dictionary defines confidence as being: firm trust; a feeling of reliance or certainty; a feeling of self reliance; boldness

# ***The confidence checklist***

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Here are some indicators which demonstrate Confidence.

1. People confident of themselves take charge of their actions.
2. They act assertively, speak calmly and listen attentively.
3. These people are flexible towards people, circumstances and all things new.
4. They are able to give genuine praise and accept constructive criticism.

## ***The confidence checklist*** (contd.)

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5. They evaluate themselves realistically.
6. They are proud of their achievements.
7. They are the ones to learn from their mistakes.
8. They are not carried away by should's , must's and ought to's.
9. When an opportunity comes up, their response is positive - 'Why not?' rather than 'Why?'
10. They feel they can influence situations and outcomes.

***Where exactly the confidence  
comes from?***

***Within?***

***Are we born with it?***

***Are we socialised into it?***

"Yes, and yes," says psychologist Gary Fitzgibbons.

"Confidence is within all of us, but whether it shines through or whether it remains hidden can depend on how we are treated as children and young adults."

***You tackle this in 3 ways!***

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Suggests  
**Dr Brian Roet,**  
author of  
***The Confidence to be Yourself.***

# 1. *Know yourself*

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- Think about your dominant personality style and characteristics.
- Then identify
  - what challenges you;
  - what motivates you;
  - what frightens you; and
  - what pleases you.
- Examine what you want out of life, long term, as well as what you currently give and take, from it.
- Put all this together to reveal a holistic picture of who you are.

## ***2. Like yourself***

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- Now, ask yourself, do you approve of the person you see? Or do you feel negative and critical and guilty about who you are?
- It's more likely that you experience a combination of all these reactions.
- Write down all your good points.
- If this is too difficult to do alone, get a friend to help. S/he may be able to perceive what you can not.
- Read over your list. Focus on it. Recognise it to be true. Remember it. Trust it.

## ***3. Accept yourself***

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- To find the meaning of confidence, and to get closer to achieving it, we have to, first of all, accept the way we are ? Right now.
- Tell yourself that you can certainly aim for improvements for the future; but,
- You are happy with yourself in the present.

# ***Accept yourself***

If you feel more is required of you than you are able to give when faced with a challenge, you are likely to feel

- less in control,
- more anxious,
- more helpless
- more stressed

**Low on confidence**

## ***The good news is***

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- If you focus on your strengths, your skills and your general ability to cope with the situation (*even if you can't change it*),
- Your feeling towards the challenge of moving forward is likely to be much more positive.

This holds true even when you're facing a scenario you haven't encountered before, or when you're in a familiar situation that you didn't handle so well in the past -

- resulting in

- More Control
- Less Anxiety
- Less Stress



**High confidence**

It's not unusual to feel confident in some areas of your life but less confident in others.

This might be:

- In your personal relationships – romantic, friendship or otherwise.
- At work – dealing with your boss, adjusting with peers or adapting to a new job.
- Within your family or when encountering new people.

# *What is it?*



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- You can't touch it, but it affects how you feel.
  - You can't see it, but it's there when you look at yourself in the mirror.
  - You can't hear it, but it's there every time you talk about yourself.
  - What is this important but mysterious thing?

*It's your self-esteem!*

# ***What is Self Esteem?***

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- To understand self-esteem, it helps to break the term into two words.
  - Let's take a look at the word esteem first.
  - Esteem is a fancy word for thinking that someone or something is important or you are valuing that person or thing.
  - For example, if you really admire your friend because she volunteers in social work, it means you hold her in high esteem.
  - And.. Self means Yourself.

# ***So, what is Self Esteem?***

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- When you put these two words together, it's easier to see what self-esteem is.
- It's how much you value yourself and how important you think you are. It's how you see yourself and how you feel about your achievements
- It's not about thinking you're perfect - because nobody is - but knowing that you're worthy of being loved and accepted.

# ***Why Self Esteem is Important?***

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- It gives you the courage to try new things and the power to believe in yourself.
- It lets you respect yourself, even when you make mistakes.
- And when you respect yourself, others usually respect you, too.

# ***Why Self Esteem is Important?***

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- If you think you're important, you'll be less likely to follow the crowd if your friends are doing something dumb or dangerous.
- If you have good self-esteem, you know that you're smart enough to make your own decisions.
- You value your safety, your feelings, your health - your whole self!
- Good self-esteem helps you know that every part of you is worth caring for and protecting.

# ***How to raise your Self esteem.***

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## Make a list of the stuff you are good at.

- It can be anything from drawing or singing to playing a sport or telling a good joke.
- If you're having trouble with your list, ask someone close, whom you trust, to help you with it.
- Then add a few things to the list that you will like to be good at.

# ***How to raise your Self esteem.***

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## Give yourself three compliments everyday.

- Don't just say, "I'm great." Be specific about something good about yourself, like, "I was a good friend to Jayant today" or "I did better on that test than I thought I would."
- While you are at it, before you go to bed every night, list three things in your day that really made you happy.

# ***How to raise your Self esteem.***

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Remember that there are things about yourself you can't change.

- You should accept and love these things - such as skin color, height or shoe size - because they are part of you.

# ***How to raise your Self esteem.***

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4

When you hear negative comments in your head, tell yourself to stop.

- When you do this, you take the power away from the voice inside that discourages you.

***Thus,***

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By focusing on the good things you do  
and all your great qualities,  
you learn to love and accept yourself  
- the main ingredients for  
strong self-esteem!

# ***Self Confidence vs. Self Esteem***

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## **SELF CONFIDENCE**

- When you feel that you can do something means self confidence
- It is more general sense of one's abilities. It is the outward expression of those feelings.
- Self Confidence is believing in your abilities.

## **SELF ESTEEM**

- Self esteem refers to one's opinion of one's self.
- Self-esteem is related to internal feelings.
- Self Esteem is believing that you are good enough as you are and that you don't need to use others to prove that you have value.

# ***How to develop Confidence.***

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## Dress Smart

- Although clothes don't make the man, they certainly affect the way he feels about himself.
- No one is more conscious of your physical appearance than you are.
- When you don't look good, it affects the way you carry yourself and interact with other people.
- Use this fact to your advantage by taking care of your personal appearance.

# ***How to develop Confidence.***

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## Walk Faster

- One of the easiest ways to tell how a person feels about himself / herself, is to examine his / her walk.
- Is it slow? tired? painful?  
or
- Is it energetic and purposeful?
- People with confidence walk quickly!

# ***How to develop Confidence.***

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## Good posture

- People with slumped shoulders and lethargic movements display a lack of self confidence.
- They are not enthusiastic about what they are doing and they do not consider themselves important.
- By practicing good posture, you will automatically feel more confident.
- Stand up straight, keep your head up, and make eye contact.
- You'll make a positive impression on others and instantly feel more alert and empowered.

# ***How to develop Confidence.***

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## Pep Talk

- One of the best ways to build confidence is listening to your own motivational speech.
- Write a short one or two minute speech that highlights your strengths and goals.
- Then recite it in front of the mirror aloud (or inside your head if you prefer), whenever you need a confidence boost.

# ***Conclusion***

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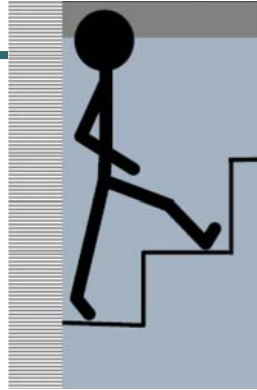
- Fortunately, confidence can be built with whole range of tools – strengths, skills, abilities and strategies – already available to you.
- Sometimes you may not be aware of them.
- By becoming aware of these tools and specific ways in which you can apply them in the face of life's challenges, you can build your confidence.
- But, for that, **YOU** have to **ACT**.

***And the time to act is ...***

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**now !**

# *Partner in your progress*



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D-8/8042, Vasant Kunj, New Delhi – 110070 India  
+91 11 4606 5966 ♦ +91 11 42148164