

CONFIDENCE BUILDING

Personal (Confidence in family/ friends)

PERSONAL (CONFIDENCE IN FAMILY/ FRIENDS)

Problems faced by due to lack of personal confidence

- Expressing private emotions
- Fear
- Insecurity
- Inferiority complex
- Identity crisis
- Inability to express opinion

What happens when you are self-confident ?

- 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 build personal confidence ?

- Mirror Talk
- Dairy Writing (daily self reflections)
- Small to Big talks (with family and friends)
- Start making decisions for yourself
- “I am the best” and “I can” whole day practices
- Visualization
- Dream board
- Identity formation practices

Basic rules

Planning = Confidence

Decide what you will say

Practice how you will
deliver it

Relax!



Thinking about what you will say

Who are you talking to?

What do you want to achieve?

What are your main messages?

Illustrate with examples; stories; ideas
(use visual props if you want).

Make your own identity...

