

BUILDING CONFIDENCE

Social (Confidence in Public/ School / Society)

How to be Socially confident ?

- It *takes action* from your side to learn, practice and take the lead in interactions. It's time to put yourself out there and enhance your social confidence and social leadership.
- As part of my work, I design and facilitate leadership and development programs and coach people with emotional intelligence. I also run Australia's largest social network for those in their twenties. Over the years, I have found that there are 6 AWESOME things that you can do for building social confidence and social leadership.

Start a Meet-up group

- Starting your own Meet up group is another fantastic way of enabling you to truly show your uniqueness. You can design your group's site, pick the locations and choose your target audience, allowing you to build social leadership in a way that is suited to your life.

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Join Toastmasters

- Essentially, you go through a variety of exercise, games and simulations that help you think on your feet, prepare key messages and speak in front of an audience.
- Spend just 6 weeks with toastmasters and I'm sure you will feel a vast improvement in your social confidence and social leadership.

Develop and deliver a presentation on your topic of expertise

- Have you noticed that after giving a presentation people seem more interested in talking to you? Getting up and presenting in front of an audience gives others an insight into who you are as a person, enabling them to feel more comfortable in approaching you. This enables you to easily develop your social confidence and social leadership amongst something that you have expertise in and in an environment where you feel more comfortable.

Do something silly and make it public!

- Jump outside of your comfort zone and do something silly in public. Perhaps it's singing in public, dancing in public, wearing an outlandish t-shirt in public. Perhaps it's organising a day out wearing ridiculous outfits with friends. Whatever it is, make sure it's silly, fun and something that you normally would not do.

Go to networking events

- The more that you practice interacting with others and the more you observe others interacting , you will quickly build your social confidence and also enhance your social leadership, allowing you to be more comfortable in expressing who you truly are.

Be the organizer of events amongst your friends

- Last but definitely not least, be the organizer of events among your friends. You already have a good relationship with your friends and you will no doubt have social confidence amongst them. Being the organizer of events is a great way of developing your social leadership, allowing you to show your uniqueness and do activities that most interest you and that you feel more comfortable in doing. Your friends will see you as a social leader, also helping you to develop your social confidence.