

# Self-confidence

Feeling sure you can do something is a sign of self-confidence



## What is Self-confidence?

- It is about believing you CAN.
- It is an aura around you that sends out a message about you.
- It's an optimistic attitude that other people perceive you have.
- It is about a thought and/or a feeling of being certain.
- It is about “knowing” without real evidence that you can achieve what you set out to do.

## Why is Self-confidence important?

- Because it gives you the courage to act.
- Because it builds faith in yourself supporting the belief that “you can”.
- Because it gives you the strength to take on new responsibilities/risks without the fear of success or failure.
- Because without it the individual will find a reason not to act.

## How do you build Self-confidence?

- Self-confidence is built up in little steps. Each time you achieve success you become more confident about your ability to succeed.
- It's about realising what you did that contributed toward your success and doing more of it.
- It's about rewarding and congratulating yourself when success is achieved, even the little steps.

## ezMe<sup>®</sup> and Self-confidence

- Together your ezMe<sup>®</sup> profile and ezLearningExperiences will inspire you to recognise what your skills and strengths are and help you build your self-confidence.