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# CONFIDENCE:



This workbook belongs to: \_\_\_\_\_

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**The aim of this workbook is to help you to:**



- **Understand what confidence is and what it looks like.**
- **Understand where confidence came from.**
- **Explore what affects your confidence and why.**
- **Learn confidence techniques.**



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# Confidence:

***What is confidence?***

***How would you describe confidence?***

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***Where does Confidence come from?***

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***Did you know that the Latin word for Confidence is Fidere which means: to trust!***

***Confidence is a state of being certain either that a hypothesis or prediction is correct or that a chosen course of action is the best or most effective. Confidence comes from a Latin word fidere' which means "to trust"; therefore, having a self-confidence is having trust in one's self.***



***Wikipedia***

***Write down what affects your confidence and why it affects it?***

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## ***What does Confidence look like?***

***Describe in the boxes below what someone with high confidence and low confidence would look like. How can you tell? Think about their body language and behaviour.***

<b><i>High Confidence</i></b>	<b><i>Low Confidence</i></b>



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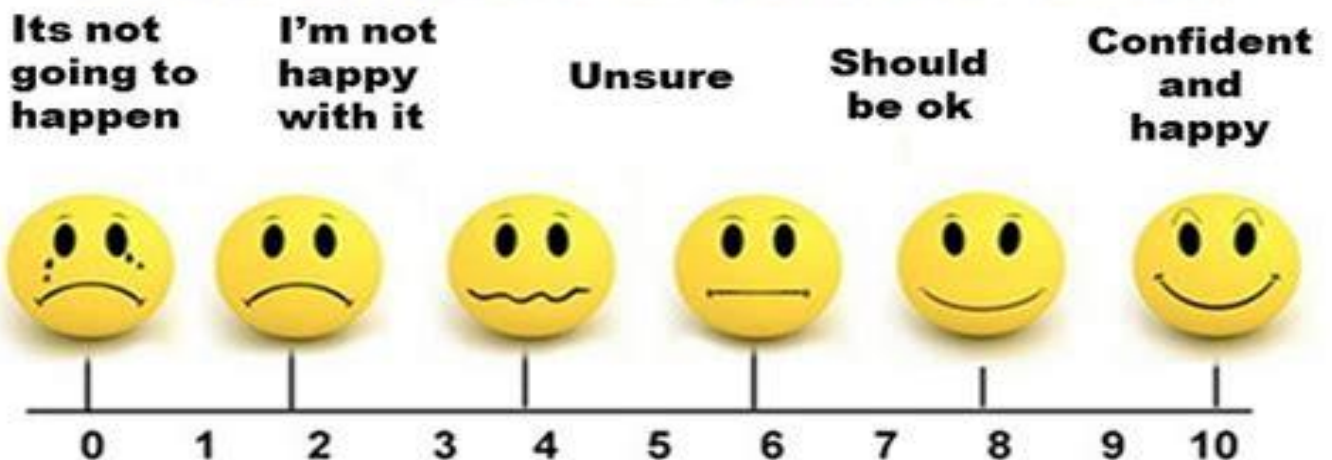


# Can you Measure Confidence?

## Confidence: Where are you now?

- Circle the number that represents where you feel you are at this moment.
- Next circle the number that represents where you would like your confidence to be.

## CONFIDENCE SCALE 1-10





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***Up to 85% of people in the UK admit that they are not confident in themselves! (Source: yougov.co.uk)***

**Which means that confidence is a trick. So how do you fake it until you make it?**

## **Try these Confidence Tricks Techniques**

- **Grounding** – Stand or sit up straight with feet firmly on the floor when having to make important phone calls or have serious discussions - the effect of grounding helps you to feel stabilised.
- **Walk Tall** - Keep shoulders back. Head looking straight ahead.
- **Smile** - unless the conversation is very sombre, the act of smiling acts as a relaxant for you and the other person.
- **Eye contact** - Look at the other person's ear lobe if you struggle with direct eye contact.
- **Mirror** the other person's body language to show you are listening, physically- head nodding in agreement for example or making listening sounds, uh ha, oh ok, and repeating occasional words at end of sentence: "so I told him that I felt annoyed and really upset.  
You: "hmm you must have been annoyed."





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➤ **Watch your body language-** correct if needs be:

Are your arms folded? Unfold them.

Are you hugging yourself? Keep your arms at your sides.

Are you clasping your hands in front of you? Unclasp them.

Is your body half turned away? Turn around to face head on or slightly to the side.

➤ **Breathe-** Breathe properly, take a deep breathe before you start talking, slow down, pause, breathe, think, then talk.

**Remember confidence is like a muscle, the more you exercise it the BIGGER it grows!**



***Challenge: At the next social event you attend, instead of hiding in a corner try standing in the middle of the room. Keep your body language relaxed and smile and make eye contact, nodding your head in acknowledgement at anyone who looks your way. Within a few minutes people will naturally approach you as they want some of that confidence you are showing. Don't be disheartened if it takes several attempts and congratulate yourself for every time you try this!***



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## Confidence: Post Assessment and Evaluation

Please complete below and hand back to your journey guide.

Post Assessment	Name:	Date:
I have improved my overall understanding of confidence		yes/no
I generally feel more confident.		yes/no
I feel I will be able to try some of the confidence techniques.		yes/no
I have found this helpful		yes/no

Evaluation
Please describe your experience using the workbook:
What actions will you take as a result of the information in the workbook?
What did you feel was relevant and what was not?
How can this workbook be improved?