



WOW Pack

Building Confidence

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!



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Think about it: Building confidence



The Pride List

Can you think of one thing for each?

A piece of work you did well at school

Something you did for a friend

A good habit you have

Something you did to help around the house

Something you shared with someone else

Something you saved for and bought

A time you sacrificed doing what you wanted for someone else

Something you gave up for someone else

A time someone said well done

Something you worked hard for

You may not have an answer for each one, but look how many things you should be proud of!

Building Confidence

To become a confident person, we need to look at what it means to be confident.

We need **self-awareness**, to assess our own skills and flaws.

We need **self-acceptance**, to understand that no one is perfect and everyone is different, we should be proud of who we are and accept the areas we may need to improve on.

We need **self-love**, to love ourselves and who we are. There is no one like me and there is now one like you!

When I begin to doubt myself, I give myself positive affirmations and say them out loud. The power of saying something out loud to yourself is crucial to become resilient to self-doubt and low self-esteem. Like everyone else in the world I am still learning to become more confident and to accept all of my flaws but the more you practice the more it becomes part of you.



What is confidence?

Confidence is the feeling or belief that you can trust or rely on someone or something.

Self-confidence is having confidence in yourself, and not doubting yourself or your abilities.

What is the difference between confidence and arrogance?

Confidence is a feeling of self-assurance that comes from an appreciation of our abilities or qualities.

Arrogance is characterised by having an exaggerated sense of our importance or abilities.

3 Traits of Confidence

Confident people have no problem listening. They're **self-aware** and know that they don't know everything. They are happy to learn from others and are confident enough to admit they have things to learn.

Confident people may shine a light on their peers' achievements in class or in group work. They ask for input, encourage teamwork, and generously praise their peers.

Confidence stems from true **self-worth**, a belief and pride in your achievements and abilities. Confident people have **self-assurance** that contributes to inner calm. They show composure and don't brag or act superior to others.

Take a look at this video on 8 ways to boost your self-confidence

Watch this

https://www.youtube.com/watch?v=JgjntmIZm_c



5 Reasons why Confidence is Important



1

Confidence plays a key part our lives. We need to be confident in our self and we need to have confidence in the people we have in our lives. It creates a stable foundation to build stronger relationships, better resilience, motivation, stronger sense of authenticity and less anxiety.

Confidence allows us to be less fearful and reduces the amount of anxiety we build up. Worry is a very natural emotion we carry though our daily life. We worry about the big tests we have and we worry about the people we care about. There will be many root reasons to your worrying. However, improving your self-confidence will help reduce your stress levels by stopping the over thinking. It will also allow you to focus more and achieve you full potential.

2

3

Having confidence will enable you to build a stronger and deeper relationships with your friends and family. Everyone gets caught up in their own thoughts and worries however having more self-confidence will mean you worry less about yourself. When you get out of your own head, you'll be able to genuinely engage with others. Your interactions will be more enjoyable because you won't be so worried about the kind of impression you're making. You won't be comparing yourself to others. Your relaxed state of mind will put others at ease, helping you to create deeper connections.

Confidence improves our resilience by giving you the skills and coping methods to handle setbacks and failure. Self-confidence doesn't mean you won't sometimes fail. But you'll know you can handle challenges and not be crippled by them. Even when things don't turn out they way you planned, you'll be able to avoid beating yourself up. As you keep pushing yourself to try new things, you'll start to truly understand how failure and mistakes lead to growth. An acceptance that failure is part of life, by being more willing to fail, you'll actually succeed more, because you're not waiting for everything to be 100 percent perfect before you act.

4

5

Confidence allows you to be who you really are. You'll be able to accept your weaknesses, knowing they don't change your self-worth. You'll also be able to celebrate your strengths and use them more fully. Your actions will be in line with your morals, giving you a better understanding and sense of purpose. You'll know who you are and what you stand for. You'll have the skills to show up, stand up, and speak up. You'll be able to let your best self to come out.

Building Confidence Top Tips



"Confidence comes from hours and days and weeks and years of constant work and dedication."

Visualize

Mindset comes into more things than we even realise. Visualising yourself as what you want to be, or want you want to achieve and it will help it become part of you.

Positive affirmation

Be kind to yourself! Use only positive words to talk about yourself and maintain positive thoughts. Practice saying your positive affirmations out loud to yourself and repeat, it will sink in!

"Confidence is when you believe in yourself and your abilities, arrogance is when you think you are better than others and act accordingly."

"Confidence comes not from always being right but from not fearing to be wrong."

Do one thing each day that scares you

This doesn't necessarily mean plan to go skydiving. But pushing yourself every day to do something out of your comfort zone will not only give you a sense of achievement but also help to build confidence.

Help someone else

A sense of self worth can really help to develop confidence. Give someone a helping hand with something, it will feel good and help you to build on the foundations of confidence.

"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love."

"Confidence is the most important single factor in this game, and no matter how great your natural talent, there is only one way to obtain and sustain it: work."

Care for yourself

Self-care is fundamental in creating self-confidence. If you feel good, this comes out in your persona. It's as simple as that! Especially in this current climate, ensure everyday you're; getting up, showering and getting ready! Make an effort to maintain normal routines where you can.

Walk tall

How you walk and carry yourself speaks volumes about your self-image. Walk as if you are balancing a book on your head—long neck, straight back. You'll discover that just by walking this way, you will feel confident.

"For me, so far, confidence has been a journey, not a destination."

Join the Conversation: Building Confidence



Check out TFTF mentors Alex, Nathan and Chris talk about building confidence in our podcast!

<https://www.youtube.com/watch?v=bIMKWEmFMoA&feature=youtu.be>

A promotional graphic for the TFTF Video Podcast Series. It has a purple and blue geometric background. At the top left, a purple box contains the text 'TFTF Video Podcast Series' and 'Topic: Building Confidence'. To the right is the TFTF logo. Below this, a purple box says 'Recorded by our expert Behaviour & Resilience Mentors'. On the left, there are three portrait photos of the hosts: two men in blue shirts and one man in a blue shirt. Below the photos is the text '... and your host:'. To the right of the photos, the text 'Topics Covered' is underlined, followed by a list of three topics: 1) Why is confidence important?, 2) How can we build our confidence?, and 3) How does it feel when we lack confidence in a situation and what's our experience of it? The TFTF logo is also present in the top right corner of the graphic.

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