BUILDING CONFIDENCE

AND YOUR CAREER: 6 KEY TAKEAWAYS



SELF-ASSESSMENT:

Understanding Your Confidence Journey



STEP OUT OF YOUR COMFORT ZONE

Identify the key moments in your life that influenced your confidence.

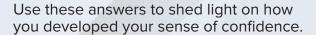


Accept and lean into the discomfort of new challenges at work.

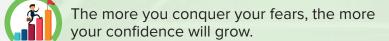
Ask yourself if you had the necessary support and coping skills to overcome challenges.



Understand that growth is often born out of stressful circumstances.







STAY ENGAGED AND KEEP LEARNING

PRESENTATION MATTERS

Dress to impress, smile, and keep your personal space clean.

Physical well-being

overall confidence.

Taking care of your

energy and self-esteem.

is integral to your



Regularly acquire new skills to remain versatile and motivated.





Recognize yourself as an evolving individual needing continuous growth.

New skills help you tackle challenges and demonstrate your worth.



CULTIVATE POSITIVE RELATIONSHIPS

Surround yourself with supportive and encouraging people



SETTING AND ACHIEVING GOALS

Set achievable short and long-term goals.



Keep away from negative influences that might hamper your confidence.



Goal accomplishment is key to feeling successful and resilient.



Positive reinforcement can lead to increased self-belief.



Review and refresh your goals regularly to keep motivation high.



