

# BUILDING CONFIDENCE

## AND YOUR CAREER: 6 KEY TAKEAWAYS



### SELF-ASSESSMENT:

Understanding Your Confidence Journey



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



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



Use these answers to shed light on how you developed your sense of confidence.



### STEP OUT OF YOUR COMFORT ZONE



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



Understand that growth is often born out of stressful circumstances.



The more you conquer your fears, the more your confidence will grow.

### PRESENTATION MATTERS

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



Physical well-being is integral to your overall confidence.



Taking care of your physical self can boost energy and self-esteem.



### STAY ENGAGED AND KEEP LEARNING

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



Keep away from negative influences that might hamper your confidence.



Positive reinforcement can lead to increased self-belief.



### SETTING AND ACHIEVING GOALS

Set achievable short and long-term goals.



Goal accomplishment is key to feeling successful and resilient.



Review and refresh your goals regularly to keep motivation high.

