

Lesson 6. Self-Confidence

Giving presentations takes self-confidence. Self-confidence is believing in your abilities. Many people struggle with feeling confident. Most times we struggle with feeling confident because we are comparing ourselves to others. If someone is more skilled than we are, we tend to feel inadequate. One of the ways you can avoid comparing yourself to others is to set personal goals. You can shift focus from aiming to be better than others and instead focus on being the best version of yourself. When setting personal goals, they should be fluid, meaning that it is okay if they change overtime. You may use the process below to begin.

1. Identify an area that you would like to improve in.
2. Set some small, manageable goals you can focus on.
3. Monitor your progress.
(Keep in mind that mistakes are part of the process)
4. Allow your goals to change as you change.
5. Reflect after accomplishments and mistakes.

Area of Improvement:

Goal #1:

Goal #2:

Goal #3: