

STAYING CONFIDENT

Confidence is something you need when you start a job.

But how do you build your self-confidence and stay confident when there are challenges and setbacks?

This Challenge will help you master confidence. The first thing to understand is that confidence can be grown.



“WHETHER YOU BELIEVE YOU CAN, OR BELIEVE THAT YOU CAN’T, YOU ARE RIGHT”

HENRY FORD



Think of someone you know who is very confident. It’s easy to say,

“I will never be like that person.”

But your attitude to how you could change is crucial. As Henry Ford said, *“Whether you believe you can, or believe that you can’t; you are probably right”*

In other words, you have to start with a positive mindset and **believe** that you will become more confident over time.

We have identified 6 stages which will help you grow and retain your confidence. You can remember these 6 Tips as **AIMING High!**

- ✓ **A**ccepting who you are.
- ✓ **I**mitating behaviour
- ✓ **M**aking mistakes.
- ✓ **I**nitiating new actions
- ✓ **N**oticing changes
- ✓ **G**rowing your opportunities

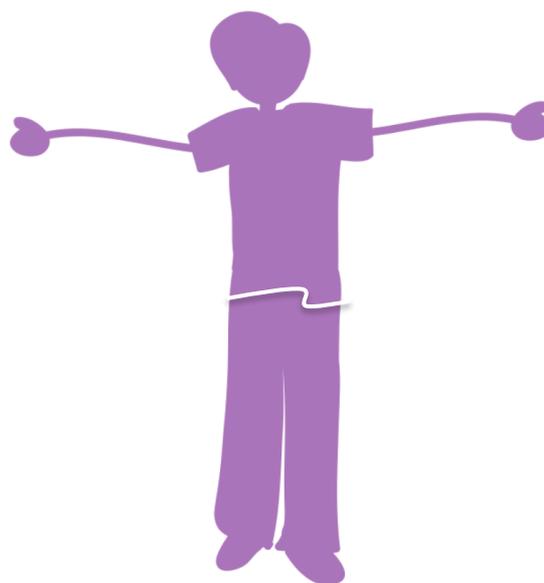


AIMING HIGH WITH SELF CONFIDENCE

1 ACCEPTING YOURSELF

The first step to building your own self confidence is to learn to accept yourself and indeed love who you are. You can do this if you stop comparing yourself with others. However, this is difficult especially when young people are growing up in a “boast by post” culture of Social Media. Currently 77 per cent of Indians now access wireless broadband through their smartphones and like most other parts of the world, the take-up has been strongest in the youth market. Along with all the other positive things which connectivity brings, we know that many young people can feel more isolated, judged and excluded because they can easily fall into the trap of comparing themselves constantly with others online.

The first activity in this challenge is to make a postcard using the character here and the any words you like but including “**Compare**” and “**Despair.**” If you want to make it a T- shirt design that’s fine, or you can include other graphic elements such as a mobile phone.



GETTING BETTER AT ACCEPTING YOURSELF INVOLVES:

- ✓ **Understanding where you have come from, and who has influenced you.**
Think about whether you are naturally an introvert or extrovert. Introverts can be equally confident leaders. Try to give up the need for approval and distance yourself from those who pull you down.
- ✓ **Playing to your strengths and prioritising developing the skills you already have.**
You will gain confidence in improving in areas you can already do, rather than struggle at things you are not naturally good at. Seek improvement, not perfection.
- ✓ **Discovering and then growing your unique Character Strengths.**
See Character Strengths worksheet and video at www.youtube.com/watch?v=U3nT2KDAGOc
- ✓ **Consciously smiling more and looking people in the eye every time you speak.**
This can make a big difference to how people view you.
- ✓ **Recognising that how you dress and present yourself reflects your confidence.**
Get advice from close friends about what clothes or hair style suit you (see body language worksheet)
- ✓ **Learning how to share your story or tell a good joke.**
Practise this, each time extending the circle of people you talk to, to get feedback

2 IMITATING BEHAVIOUR

The next piece of advice about gaining confidence is to imitate the behavior of those you feel have good self-confidence. It may appear that those more confident than you are born with confidence, but this may be because they had confident role models or parents growing up where they learnt confidence-building behaviors. Remember “Its never too late to be the person you want to become.” Here is an activity to help you start to imitate and learn from others.

Exercise:

List the names of 3 people who you think have good self-confidence. You can choose a celebrity but 2 of them must be people your own age and who you know well.

PERSON	1	2	3
How do they display confidence?			
How do they talk?			
What question about confidence would you like to ask them?			

Now that you have identified two self-confident people, think of some questions you could ask them so you can benefit from their knowledge, experience and advice.



- 1)
- 2)
- 3)
- 4)
- 5)

Remember

- ✓ Make sure you have your 5 questions written down before you start the interview. Make them good, powerful questions.
- ✓ Remember that good questions are open questions not ones which require a simple “yes” or “no” answer.
- ✓ Make one of the questions about the context of India, for example “Do you think in India we are good at helping our children grow up to be confident?”
- ✓ After you have asked your questions, do thank the person sincerely, they will feel glad that you asked for their opinion/advice and you will have grown in confidence undertaking this task.
- ✓ Finally, once you have got your answers, take the time to reflect on their experience, advice and story. Start seeing how you can take on board their advice. You could even consider asking them if they could mentor you.



IMITATION
IS THE
SINCEREST
FORM OF
FLATTERY

so don't be cross, it's a compliment!

3 MAKING MISTAKES

Why Do Indians Feel This “Dire Need To Always Be Right”?

By Vimlendu Jha in Society

26th February, 2016

<https://www.youthkiawaaz.com/2016/02/accepting-mistakes->

By **Vimlendu Jha:**



Image source: REUTERS/Anindito Mukherjee

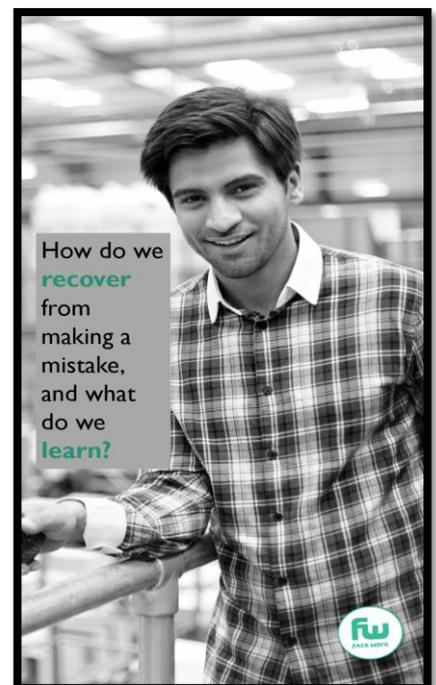
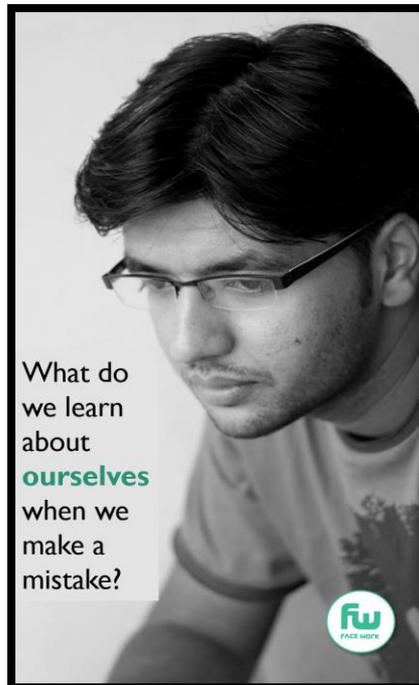
Indeed, defining India or an Indian, now or always is difficult, let alone 'true' Indian or 'not a faithful' Indian. We have our shades of realities and pretensions, our struggles and victories, and most of all we have our 'individual' identities that mostly takes precedence over the idea of 'collective' identity, collective nation. What we state about ideologues on or of 'India' also stands true for most nations. Globalisation has furthered this sense of insecurity amongst the

In an article on the YKA website, Vimlendu Jha writes;

“We Indians are pretty smart people! We derive our sense of pleasure and pride from a whole range of things from our glorious past, rhetoric of our present and the romance of the future...”

..What is the DNA of the ‘super – ego’ or our ‘individual pride’? Can an ‘argumentative’ Indian also be an ‘apologetic’ Indian? Why are we an ‘unapologetic’ nation, and why do we feel this dire need to always be right?”

Whether this reflection of a nation’s DNA is accurate can be discussed but it is true that most of us find it difficult to admit to making a mistake. The reason this is so important is that making a mistake can really knock our self-confidence, but sometimes we have to embrace mistakes to learn and grow. Have a look at these questions:



Your answers:

Everyone makes mistakes. The good thing is you can learn from your mistakes and become more confident at avoiding them, simply because you have made them! Your confidence will grow as you accept, recover and move on from making mistakes.

TOP TIPS

1) Acknowledge your errors

When you make a mistake at work, own up immediately. Your boss will accept that a mistake has been made, but he or she won't accept it if you don't admit it!



You won't learn from making a mistake, if you aren't brave enough to risk making a mistake, and that's one of the biggest mistakes!

2) Saying sorry is so important

When you make a mistake say sorry as soon as you can, and do so humbly and with honesty. "I'm so sorry this has happened, it was my fault, I shouldn't have ..." (show how you were at fault).

3) Show what you have learnt

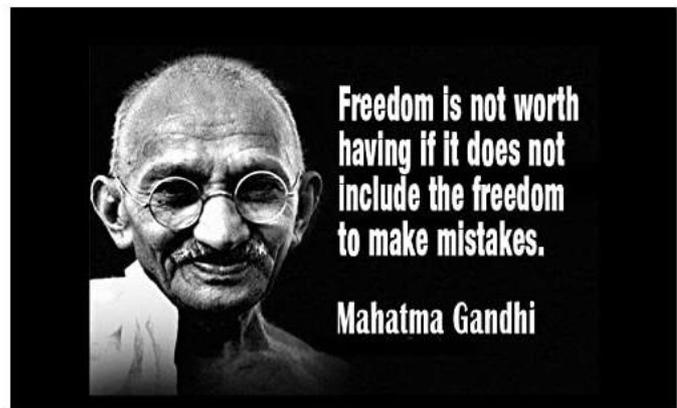
Identify what you have learnt from making a mistake and tell your boss or colleagues so they can see that you have grown through the experience.

4) Make it harder to mess up next time!

When you reflect on what you have learnt from the mistake, try to identify why it happened and how you can avoid making that mistake again. Pay special attention to the small errors, as small mistakes can become habits and bad habits can lead to big mistakes!

5) Share your new found wisdom!

When you have reflected on what you have learnt from a mistake take the opportunity to tell others. It shows humbleness and the best leaders are those who are humble and move on from their mistakes.



6) Notice how you are getting stronger.

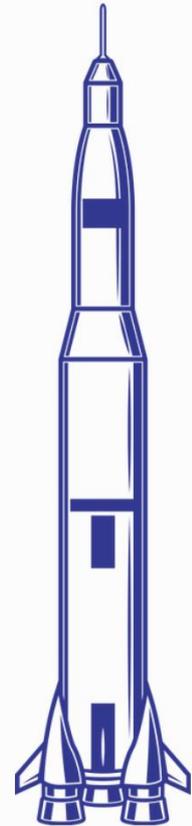
Confidence is like a 'muscle' which can be built through exercise. As you bounce back from mistakes you are building that 'muscle', becoming stronger and more resilient and once you recognise this you grow in confidence. One day you will be able to say "Before that mistake would have destroyed me, but now I realise everyone makes mistakes and I'm not better at handling things when they go wrong".

4 INITIATING ACTIONS

"TAKING INITIATIVE PAYS OFF.
IT'S HARD TO VISUALIZE
SOMEONE AS A LEADER IF
SHE IS ALWAYS WAITING TO BE
TOLD WHAT TO DO.

IF YOU'RE OFFERED A SEAT ON A
ROCKET SHIP, DON'T ASK WHAT
SEAT, JUST GET ON."

Sheryl Sandberg



Some things I can do to help initiate action:

Listen to others

Ask for feedback and act on it

Volunteer to help someone else

Help someone with their homework

Start a survey

Here are 5 things which you can do to take initiative. Can you come up with another 5 ?
(insert below)

Use your 10 fingers to remember these ideas and put them into action
(next week)

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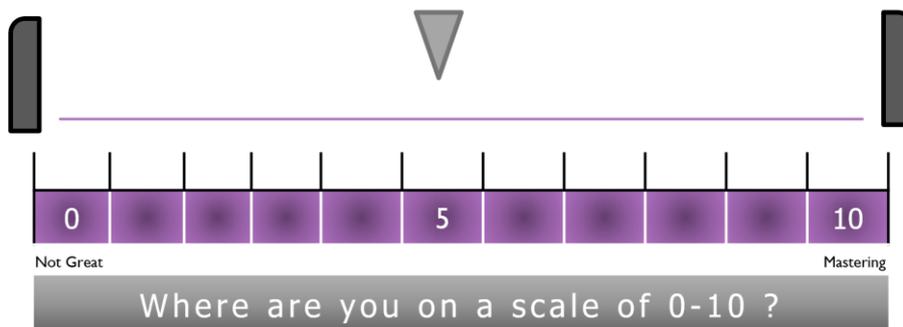
5 NOTICING RESULTS

Confidence grows when you notice that you are becoming better at being assertive, taking responsibility, acting without being told and helping others. However, often we fail to miss out on this growth because we are not intentional about how we notice the improvement and reward ourselves for the growth.

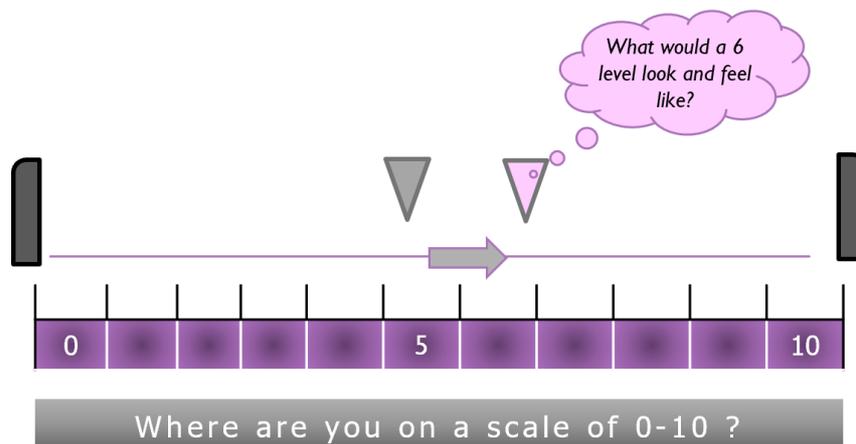
Here is a simple exercise you can use to help measure your growth in an area, notice the improvement and build your confidence.

SCALING

- 1) First identify an area in your life where you feel you aren't very confident. It can be a small thing, for example, being good at introducing yourself to a stranger, or putting your hand up in the classroom to volunteer an answer to a question.
- 2) Secondly plot yourself on this scale (below) as to where you think you are currently in this area. Be honest? If for example you rate yourself as a 5, think why is it not a 6 or a 4.



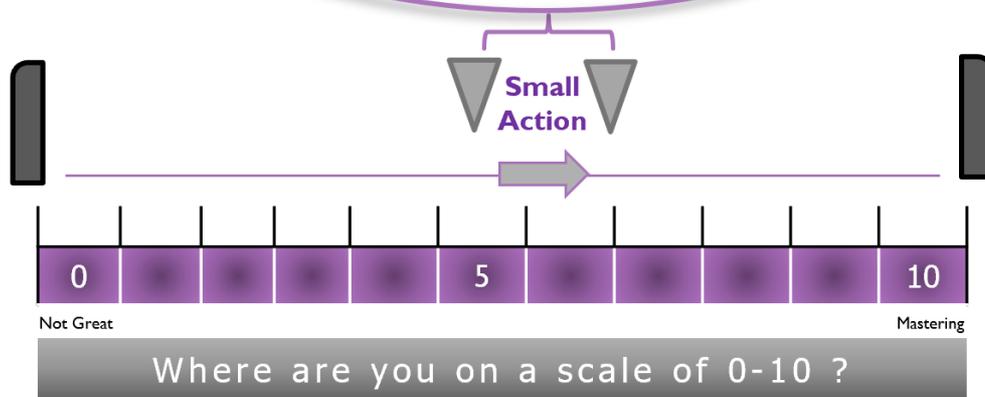
- 3) Thirdly try to imagine and picture what you would be doing if you were operating at one point above in this scale area? Eg if you scored a 5, what would a 6 look like? (Try to imagine, what would you be doing, feeling differently, with a higher level of confidence?)



4) Next think of one small action which you can take which would lead to you gaining confidence and moving up the scale.

Small Action

Make the action small, simple and practical.
 Build this action into your daily life and do it intentionally regularly.
 Ask friends if they are noticing you do this action and what results they see.
 As you succeed make sure you re-frame your attitude for example,
"I'm getting good at this" I would now rate myself as a 6
 Reward yourself; give yourself a gift and tell others for example,
"I'm noticing that I am getting better at this"
 Find another area you want to develop and repeat the exercise.
 Share this technique with other friends and help each other to do it and encourage one another.



his technique is used in Solutions Based Therapy, see <https://solutionfocused.net/what-is-solution-focused-therapy/> and the scaling can be very helpful as it directs you to thinking about a solution not the problem. Even a small step in a better direction is important, but what is equally important is that you NOTICE the result. This is the motivation you need and will give you encouragement to see it through.

The good news is that no-one is really at 10 all the time! So getting to 7 or 8 is brilliant. Finally, practise saying:

"I'm noticing that I'm growing in my self-confidence"



Using the word '**noticing**' is powerful. It moves the focus from "I feel" (which can be subjective and subjective) to a more objective state. It really is true if you believe that you can, you can.

6 GIVING TO OTHERS

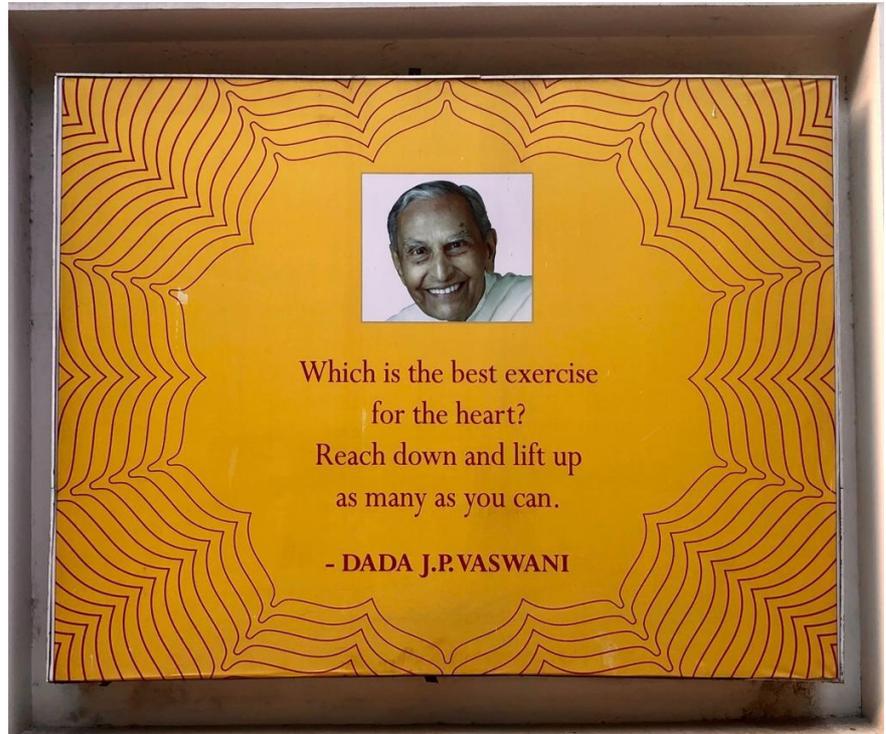
Finally one of the most important ways we gain in confidence is when we give to others. Not necessarily financially but with advice, encouragement and support. The india spiritual leader, **Dada Vaswani** says *“The best exercise for the heart is to reach down and lift as many as you can”*

Researchers have also recognised that giving improves your mental health and well-being which in turn can boost your self confidence, mood and outlook on life. An act of kindness can improve feelings of confidence, being in control, happiness and optimism. It is also contagious and may encourage others to repeat the good deed that they’ve experienced themselves – contributing to a more positive community. Giving to others creates a sense of belonging and reduces isolation, especially if we make new friends through connect with our community. Finally, giving helps keep things in perspective. When you take on another role and think about other people you see your own self in a different light, especially if those people are less fortunate than you.

Why not put some of these exercises and reflections into practice and help someone else build their confidence. Sometimes the most important intervention is simply in being honest as to how you feel and give encouragement to others. There are 3 main ways you can do this:

- A) Share this worksheet with a friend and do some of the exercises together
- B) Upload a short video giving advice or what you have learnt about this area on the Facework website www.facework.in
- C) Help us to improve these resources by giving us feedback and designing new activities for other young people which will help build their confidence.

Remember some of the best ideas and resources come from young people.



If it doesn't challenge you it won't change you

FACEWORK.IN

