

CONFIDENCE

How to build confidence in ourselves and in others

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Author – The Advantage – 7 soft skills to get ahead

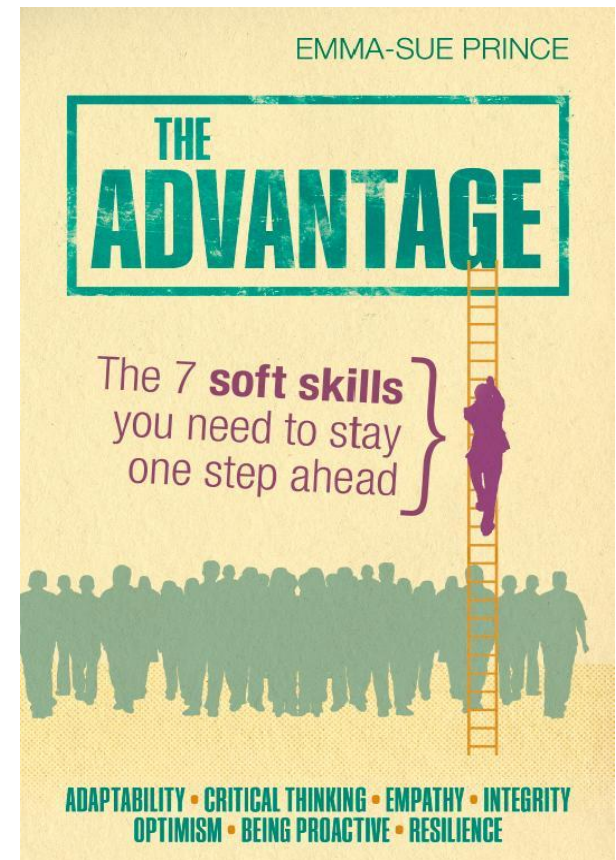
Director – Unimenta, free membership site for practitioners

Confidence



www.unimenta.com

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Confidence



“What could we accomplish if we knew we could not fail?”

— [Eleanor Roosevelt](#)

Confidence



Webinar Outcomes

- **Develop a stronger understanding of the key competences that underpin confidence levels**
- **Know some practical ways you can expand your comfort zone**
- **Understand why we all need to become more comfortable with taking risk**
- **Know how to project confidence and enhance confidence through specific actions and techniques**
- **Have some practical tools and exercises you can use in the classroom to help students in turn build their confidence**

Develop a stronger understanding of the key competences that underpin confidence levels



YOU

Think of a time when you have felt confident

Take a few moments to recall a time when you felt confident – are you able to describe what contributed to this moment?

Please write freely in the chatbox



Confidence comes from...

- **How we feel about ourselves and our abilities**
- **What we think about ourselves and what we tell ourselves**
- **How we value ourselves**

Early life experiences shape some of these

But confidence also comes from something you've achieved

From making mistakes

From knowing yourself

From rejection



What is emotional intelligence?

To be successful requires the effective awareness, control and management of one's own emotions, and those of other people. EQ embraces two aspects of intelligence:

Understanding yourself, goals, intentions, responses, behaviour - and managing these appropriately

Understanding others, their feelings, mindset, responses - and managing yourself in relation to others

You develop and improve EQ by learning and practicing new skills

The Comfort Zone



So how to you expand and build?

- **Don't wait to be chosen**
- **Take an improv class and use improvisation with your students**
- **Don't assume others are smarter than you!**
- **Do build a board of advisors**
- **Don't 'fake it till you make it'**
- **Do 'pay it forward'**
- **Don't work in an unsupportive environment**
- **Do embrace an optimistic future**
- **Don't reject rejection**
- **Do create a top ten list of values**
- **Don't settle for negative people and places**

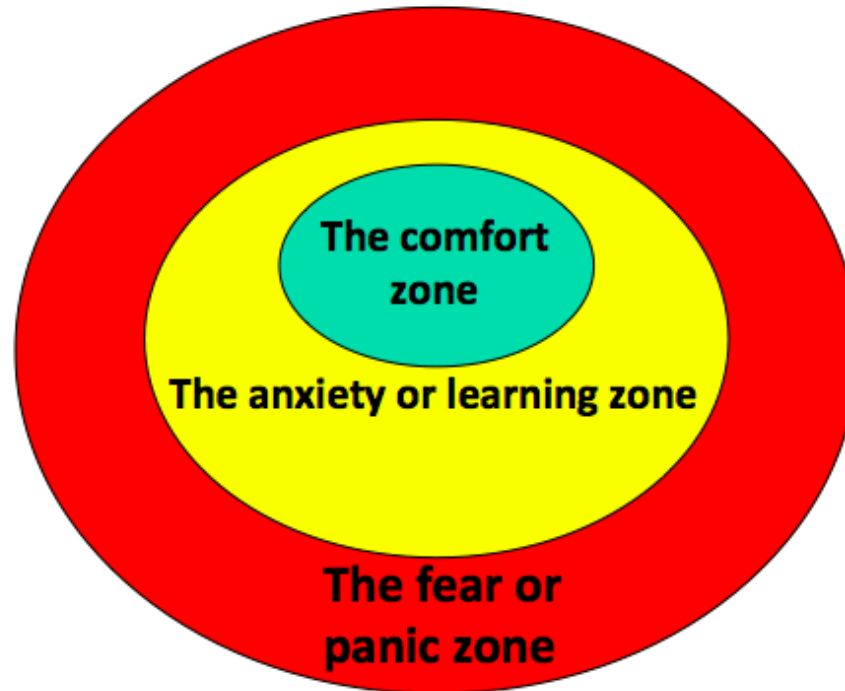


Confidence



Confidence

The comfort zone



How to project confidence 5 ways

- 1. Play to your strengths**
- 2. Watch your posture**
- 3. Choose to be an optimist**
- 4. Loosen up**
- 5. Embrace failure**



How do we help our students?

- Encourage risk-taking and learning from mistakes – in a positive environment
- Experiential learning activities followed by reflection
- Giving constructive feedback
- Provide leadership and team working opportunities
- Push to improve weaknesses
- Use drama and improvisation to build self-awareness and have fun too



For more information
Please contact

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Thank you

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