

Lesson 5: PERSONAL EFFECTIVENESS: SELF- CONFIDENCE



It is hard to be effective if we aren't confident. To build and maintain strong self-confidence, here is a list of the things you can do, to help you:

- Whenever you catch yourself strongly criticizing yourself, stop and say positive things to yourself.
- The easiest way to raise yourself is to start doing nice things for other people.
- Keep a diary to keep a track of everything you achieve, even little things. Review it regularly and celebrate your success.
- Take stock regularly, at least once a month, ask yourself what you have learned about your abilities and what activities give you the most satisfaction.
- If you know your subject and stance, believe in yourself and speak with poise and conviction. You will naturally exude confidence.
- It is not how we are, but how we see ourselves that counts.

Importance of confidence in leadership:

- Confidence attracts and retains a quality team because they will trust you. Your team will also feel that you have matters under control.
- Confidence is the number one by-product of the personal branding process, because in branding you uncover what is exceptional and use it to make your career choices and deliver outstanding values.
- A healthy level of confidence makes you more likely to engage in challenging, but manageable projects.
- It also helps you in going out of your comfort zone and allows you to achieve new goals.