

Top Tips for building your confidence:

- Get the learning from situations rather than dwelling on them, and beating yourself up about them. Get the learning and move on.
- Imagine someone you know who oozes confidence. Act, talk and walk like him or her. Take a 'walk' in their shoes.
- Do you think best on your feet or do you need to plan every last detail, whatever you need give yourself the time to think and mentally rehearse a successful outcome for that meeting, presentation and interview. Have you got a plan 'B'?
- Learn how to say no! If you never say 'no', what's your 'yes' worth?
- Think positive. Success comes in 'can' not 'cant's. You can change your physiology and therefore your response to 'things' simply with a thought. Be the boss of your thoughts!
- Never let the limiting perceptions of other people get to you? Remember that no one can make you feel inferior without your consent.
- Play to your strengths. Get to know you and what you are good at and use these talents and gifts whenever you can – because you're good at it, you can enjoy it, enjoy it and, your confidence will grow.
- See any weaknesses you have as opportunities to grow!
- Flip the words you use on a regular basis when you feel let down or annoyed. "I'm boiling about this" say, "I'm a little annoyed". Flip the words you use then you flip your response too!
- Remember to pat yourself on the back frequently, just the fact that you are here, alive and kicking is a miracle!
- Develop a gratitude attitude, by appreciating what you have to be thankful for in your life right now. Who do you love? Who loves you? Who do you help? Who helps you?
- Develop your body awareness. The way that you move and carry yourself affects your confidence levels. Feeling low in confidence? Change your posture!
- Label your feelings. 'I feel ----- about this', rather than 'he makes me feel -----'
- Learn a new story! Every time you retell that 'failure' story you hard wire it into your 'self'. Next time tell about the great learning opportunity that event accorded you!
- Remember a thought is just a question that you've asked yourself. If you have negative thoughts you're probably asking a negative question. Change the questions you ask of yourself-Ask a better question!
- Always ask yourself "HOW" can I improve or change the situation? This will fully engage your mind into supporting you. Many people ask themselves "Why?" which only serves to turn your mind against you and you end up chasing your tails