



Health Employability Assets Recruitment Training

Welcome

lifeskillscentres.com

Confidence Building



Introduction

- LDCS
- What is Confidence/Self Esteem?
- The Parrot
- High Confidence v Low Confidence
- Self Esteem
- Case Studies
- 10 Tips
- Questions/Answers

THE PARROT

If there was a parrot in your house saying:

‘You can’t do it – you’re rubbish.’

What would you do?



HIGH CONFIDENCE



LOW CONFIDENCE



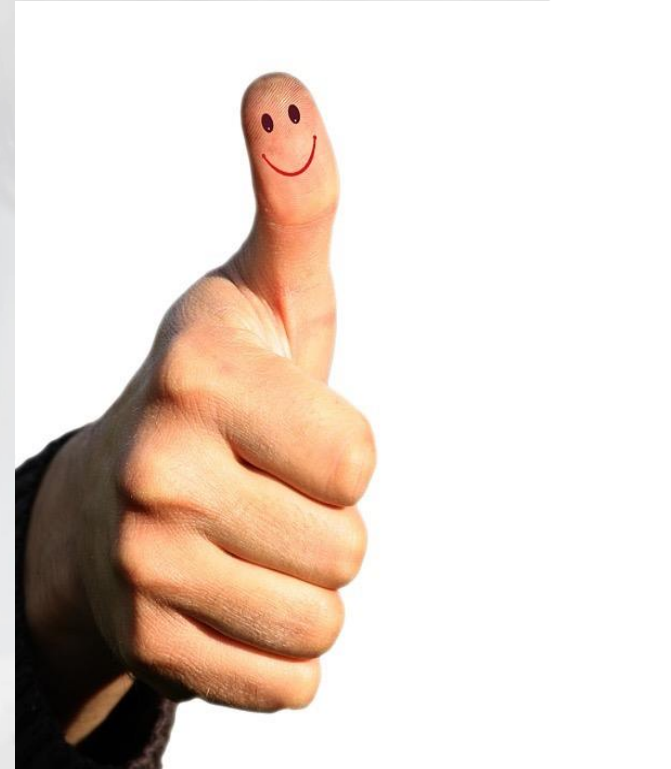
PEOPLE WITH LOW CONFIDENCE

- Don't believe in themselves
- Believe they can never be as good as they should be or as others
- Are afraid to show their abilities
- Complain and criticise
- Worry about everything and do nothing
- See themselves failing before they begin
- Have an "I can't do it" attitude



PEOPLE WITH HIGH CONFIDENCE

- Like to meet new people.
- Don't worry about how others will judge them.
- Have the courage to express themselves.
- Learn and develop from new encounters
- Are nicer to be around.
- Attract positive opportunities
- Have an attitude of “I think **I CAN** do”



What is self-esteem?

Everyone holds opinions about the type of person that they are.

These opinions are at the heart of self-esteem and they affect how you feel about and value yourself.

Self-esteem is not static and fixed; your beliefs about yourself can change throughout your life as a result of circumstance and experience.

If you have low self-esteem these beliefs will often be negative. You may focus on what you feel are your weaknesses, and mistakes that you have made.

Negative Behaviours



You might find that to try and deal with your low self-esteem you behave in ways that are damaging to you and those around you.

No-one is happy all the time, and having high self-esteem does not mean you will always feel confident about work.

Good emotional and positive self-esteem are strong predictors of happiness. If your core belief about yourself is mainly positive you may still associate with some of these behaviours, but your ability to cope with them will be much better.



What can I do to build my self-esteem?

Identify your negative beliefs

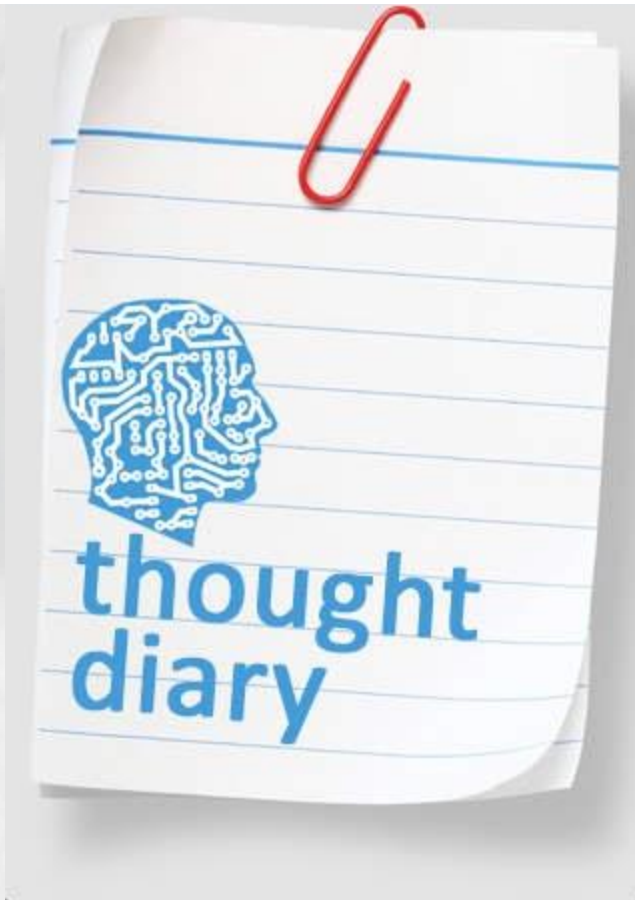
It might be helpful to write down notes, and questions such as these could help to structure your thoughts:

What do you feel are your weaknesses or failings?

What negative things do you think other people think about you?

If you could sum yourself up, what word would you use – 'I am...'?

When did you start feeling like this?



It might be also helpful to keep a thought diary or record over a period of several weeks. Write down details of situations, how you felt and what you think the underlying belief was.

What can I do to build my self-esteem?

Set yourself a challenge that you can realistically achieve

Start with something relatively small, but which still has meaning for you

For example, you might decide you are going to visit a local charity and volunteer or post a CV to a company for feedback.

Tell someone about the challenge and, when you have achieved it, accept their praise

Then set yourself another slightly harder challenge, e.g. join a night-class you've been interested in.



10 tips to keep you going



Stop comparing yourself to other people.

Don't put yourself down.

Get into the habit of thinking and saying positive things about yourself to yourself.

Accept compliments.

Use self-help books and websites to help you change your beliefs.

Spend time with positive supportive people.

Acknowledge your positive qualities and things you are good at.

Be assertive, don't allow people to treat you with a lack of respect.

Be helpful and considerate to others.

Engage in work and hobbies that you enjoy.

A close-up, high-resolution image of a human eye. The iris is replaced by a glowing, multi-colored globe of the Earth, with vibrant colors like red, orange, yellow, green, and blue. The eye is looking directly forward, and the eyelashes are clearly visible. The background is a soft, light gray.

Any questions?

Next workshop:

***Working with BSL Interpreters
in Interviews***

Wednesday 6th December

1pm to 4pm