

**7 Easy**

**Tricks**

**To**

**Boost**

**Your**

**Confidence!**



**1. WALK 25% FASTER.**

**2. TALK SLOWLY.**

### **3. ACCOMPLISH SMALL GOALS.**

## **4. DRESS NICELY.**

**5. BE A FRONT SEATER.**

**6. PRACTICE SPEAKING  
UP AT EVERY MEETING.**

## **7. PRACTICE MAKING EYE CONTACT.**



**Did you like this??**

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