

# The Confident Communicator Course Review

## Having Confidence

With enough confidence you can get almost anywhere you want to go, and you can build confidence with practice and an understanding. Communicating well is a way to build your own confidence and the confidence others have in you.

When you are confident, you can:

- speak freely, without fearing what others may think of you.
- be assertive while reducing anxiety in yourself and others
- listen better

## Not having Confidence

When you lack confidence, communicating is often associated with:

- fear, anxiety, or anger.
- distorted perceptions of what others think of you and what you are saying.
- sometimes a feeling of rejection and frustration, inadequacy and resentment.

This can lead to:

- feeling vulnerable, trapped, or isolated.
- hypersensitivity so you're easily hurt or upset.
- losing your temper or being unable to tolerate criticism.

People who lack confidence often battle to express themselves, so communicating is exhausting and stressful.

## No Confidence affects the Listeners, too

When listening to someone who lacks confidence:

- they can provoke negative feelings and impressions in you
- you may also find that you react to the person rather than to the message this person is conveying.
- you may be less inclined to give the speaker what they want
- you may be less inclined to believe this person can help your organization succeed