

The Confident Communicator Course Review – Burst 3

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

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 speak what they want
- you may be less inclined to believe this person can help your organization succeed