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BUILDING SELF-CONFIDENCE

RESOURCE PERSON

MRS. TABASSUM JAMSHED

GENERAL MANAGER (R)

**INSPECTION, EVALUATION AND TEACHERS TRAINING
FAUJI FOUNDATION EDUCATION SYSTEM**

OBJECTIVES

Taking into account the Govt.'s initiative to convert Urdu medium schools into English medium, we will be able to arouse more self-confidence in managers/teachers by the end of this session. For this purpose we will get to know:

- ❖ qualities of a confident manager/teacher,**
- ❖ comparison of confident behaviour and less confident behavior,**
- ❖ procedures to achieve confidence,**
- ❖ how to be a balanced self-confident person.**



***Believe in Yourself,
and
Find Success!!***

Why Self-Confidence is Important

- Self-confident people have qualities that everyone admires.
- They inspire confidence in others: their audience, their peers, their bosses, their customers, and their friends.
- Gaining the confidence of others is one of the key ways in which a self-confident person finds success.

Lack of Self-Confidence

- So many people struggle to find self-confidence.
- Sadly, this can be a vicious circle: People who lack self-confidence can find it difficult to become successful and those who are not successful lack confidence.

Good News


The good news is that self-confidence
really can be learned and built on.

*A person can grow as much as his
horizon allows.*

John Powell

How Confident do you seem to others?

- Your level of self-confidence can show in many ways:
 - your behaviour
 - your facial expression
 - how you speak
 - what you say and
 - your body language.

- 
- Look at the following comparisons of **common confident behaviour** with behaviour associated with **low self-confidence**. Which thoughts or actions do you recognize in yourself?

A

- Doing what you believe to be right, even if others mock or criticize you for it.
- Being willing to take risks and go the extra mile to achieve better things.

B

- Governing your behaviour based on what other people think.
- Staying in your comfort zone, fearing failure and so avoid taking risks.

A

- Admitting your mistakes, and learning from them.
- Feeling good on your success / accomplishments and waiting for others to congratulate you .

B

- Working hard to cover up mistakes and hoping that you can fix the problem before anyone notices.
- Extolling your own virtues as often as possible to as many people as you can find.



A

- Accepting compliments graciously. “Thanks, I’m pleased you recognize my efforts.”

B


- Dismissing compliments offhandedly. “Oh that was nothing really, I have been doing it earlier as well.”



Low self-confidence can be self-destructive.

‘Nobody can make you feel inferior without your consent.’

Eleanor Roosevelt



Self-confident people are generally more positive – they believe in themselves and their abilities, and they also believe in living life to the full.

**‘Success comes in cans, not
in cant’s.**

Anonymous

Building Self-Confidence

- Building self-confidence is readily achievable, just as long as you have the focus and determination to carry things through.
- The bad news is that there's no 5-minute solution.

Journey to Self-Confidence

- Here are some steps to start your journey to self-confidence:
 - prepare for it ;
 - set out;
 - accelerate towards success.

Identify your successes

- Everyone is good at something, so discover the things at which *you* excel.
- Focus on your talents.
- Give yourself permission to take pride in them.
- Express yourself.

cont...

- **Keep yourself busy. Find something you enjoy.**
- **Adding a variety of interests to your life will not only make you more confident, but it will increase your chances of meeting compatible friends!**

Recognize your Insecurities

- Whatever is making you feel unworthy, ashamed, or inferior, identify it, give it a name, and write it down.
- Talk about it with friends and loved ones.



cont...

- **Get to the root of the problem. Start working on it one by one.**
- **Concentrate, commit and improve.**
- **When accomplished, tear these written pieces to start feeling positive on those points.**

Be thankful for what you have

- Lack of confidence is a feeling of not having enough of something.
- Acknowledge and appreciate what you do have.
- Inner peace will do wonders for your confidence.

Help others

- **When you know...**
 - you're kind to the people around you,
 - you're making a positive difference in other people's lives...


you are a positive force in the world.

Be positive, even if you don't feel the same way.

- **Avoid self-pity, or the pity and sympathy of others.**
- **Speak positively about yourself, about your future, and about your progress.**

Remember that no one is perfect

- **Even the most confident people have insecurities.**
- **Learn that life is full of bumps down the road.**




Why compare yourself with others? No one in the entire world can do a better job of being you than you.

Look in the mirror and Smile

- Studies called the "facial feedback theory" suggest that the expressions on your face can actually encourage your brain to register certain emotions.
- So by looking in the mirror and smiling every day, you might feel happier with yourself and more confident in the long run.

Pretend to be Confident in the beginning – then Believe in Yourself

- **Acting confident might actually make you believe it.**
- **Pretend you're a completely confident version of you; go through the action and see how you feel!**



*Believe in your dreams
and they **may** come
true; believe in yourself
and they **will** come true.*

Stick to your Principles

- It might be tough, but do it.
- If you don't stand for something, you will fall for anything.
- No matter what's happened in your life, commit that from this day forward, you will follow your principles to the best of your ability.

Overcome Shyness


- Being painfully shy is not fun. Avoid it firmly.

‘The way to overcome shyness is to become so wrapped up in something that you forget to be afraid.’


Claudia Johnson

Balanced Self-Confidence

- Self-confidence is about being **balanced**.
- If you are under-confident, you'll avoid taking risks and you might not try at all.
- And if you're over-confident, you may take on too much risk, beyond your capabilities, and crash badly.



With the right amount of self-confidence, you will take informed risks, stretch yourself (but not beyond your abilities) and try hard.



*It's not who you are that
holds you back, it's who
you think you're not.*

Anonymous



Thank You

email: syeda.teejay@yahoo.com