

University of Human Development



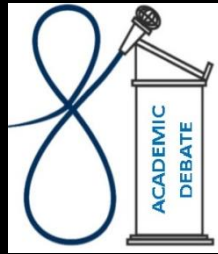
Academic Debate

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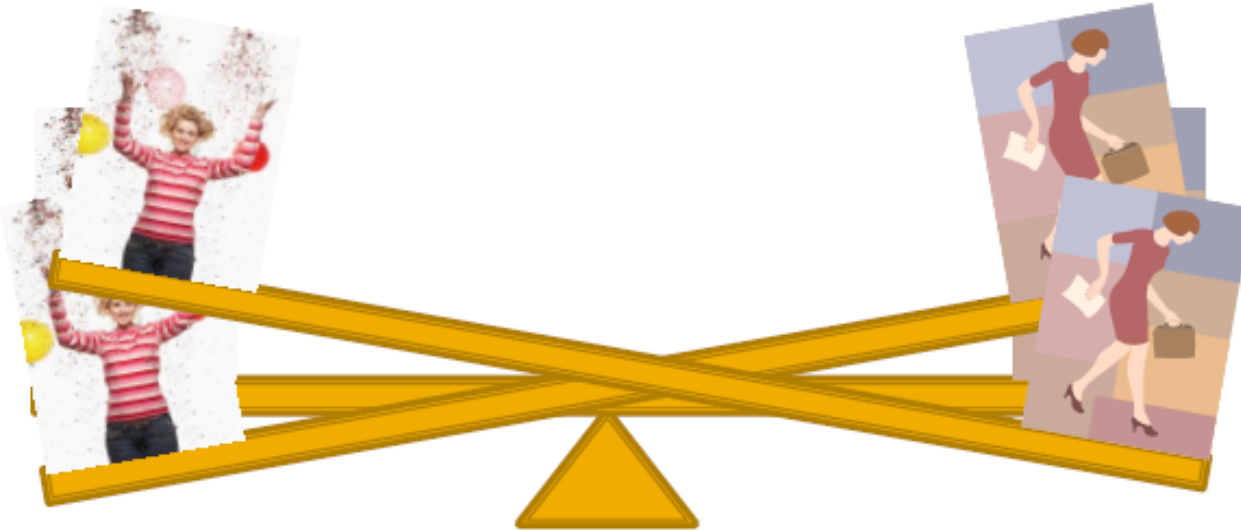
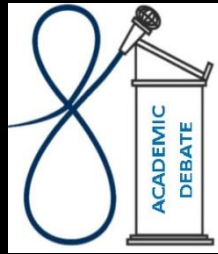
CHAPTER 3 SPEAKING & LISTINING SKILLS

Outline



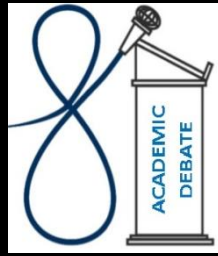
- ☐ Balancing self confidence
- ☐ Self- confidence defined
- ☐ How self-confidence impacts performance
- ☐ Self-Esteem...What's it made of?
- ☐ The Effects of High Self-Esteem
- ☐ The Effects of Low Self-Esteem
- ☐ Tips for Building Self Confidence
- ☐ 12 Steps to High Self-Esteem

Balancing Self Confident 1



- ☐ If you are under-confident, you'll avoid taking risks and stretching yourself – you might not even try at all
- ☐ If you are over-confident, you may take on too much risk, stretch yourself beyond your capabilities and fail badly.

What is Self-Confidence!



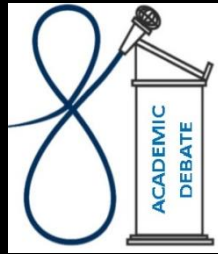
True Self-Confidence – is a realistic belief or expectation of achieving success.

Self-Confidence is:

- ❑ **Not what you hope to do** but what you realistically expect to do
- ❑ **Not what you tell others** but your innermost thoughts about your realistic capabilities
- ❑ **Not pride in past deeds** but a realistic judgment about what you are able to do

**= The good news is that:
Self -Confidence can be learned and built on :-)**

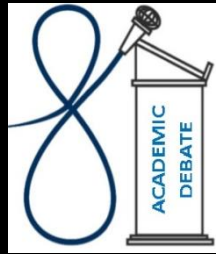
At the End



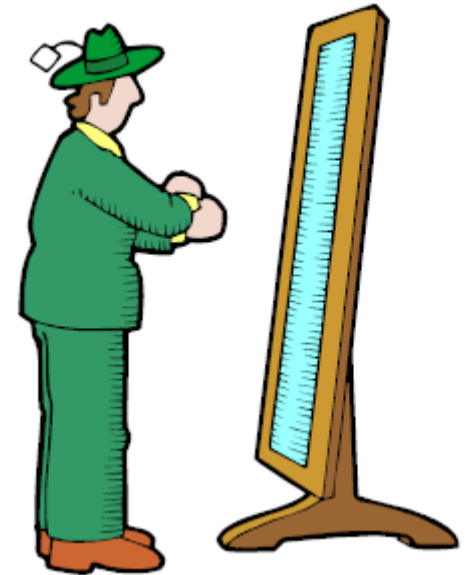
- ☐ Sense of **Worth and Self-Confidence** comes when you accept yourself as you are.
- ☐ Not when you're trying to be what other people expect



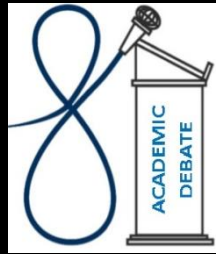
Self-Esteem...what is it?



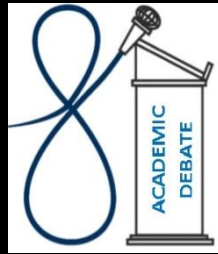
- Self-esteem refers to the way we see and think about ourselves.



This is: Self Confidence!



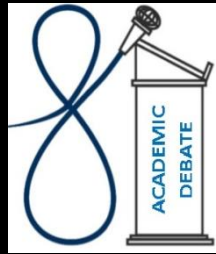
Self-Esteem... what is made of:



- Your self-esteem is made up of **all the experiences and interpersonal relationships you've had in your life.**
- Everyone you've ever met has added to or taken away from how you see yourself!



Where does self-Esteem come from?



1. Our self-esteem develops throughout our lives as we develop an image of ourselves through our experiences with different people and activities.
2. Experiences during childhood play a particularly large role in the shaping of self-esteem.
3. When we were growing up, our successes, failures, and how we were treated by our family, teachers, coaches, etc... all contributed to the creation of our self-esteem.



Childhood experiences that contribute to healthy self-esteem

1. Being listened to
2. Being spoken to respectfully
3. Getting appropriate attention and affection
4. Having achievements
5. Having accepted despite making mistakes or failures



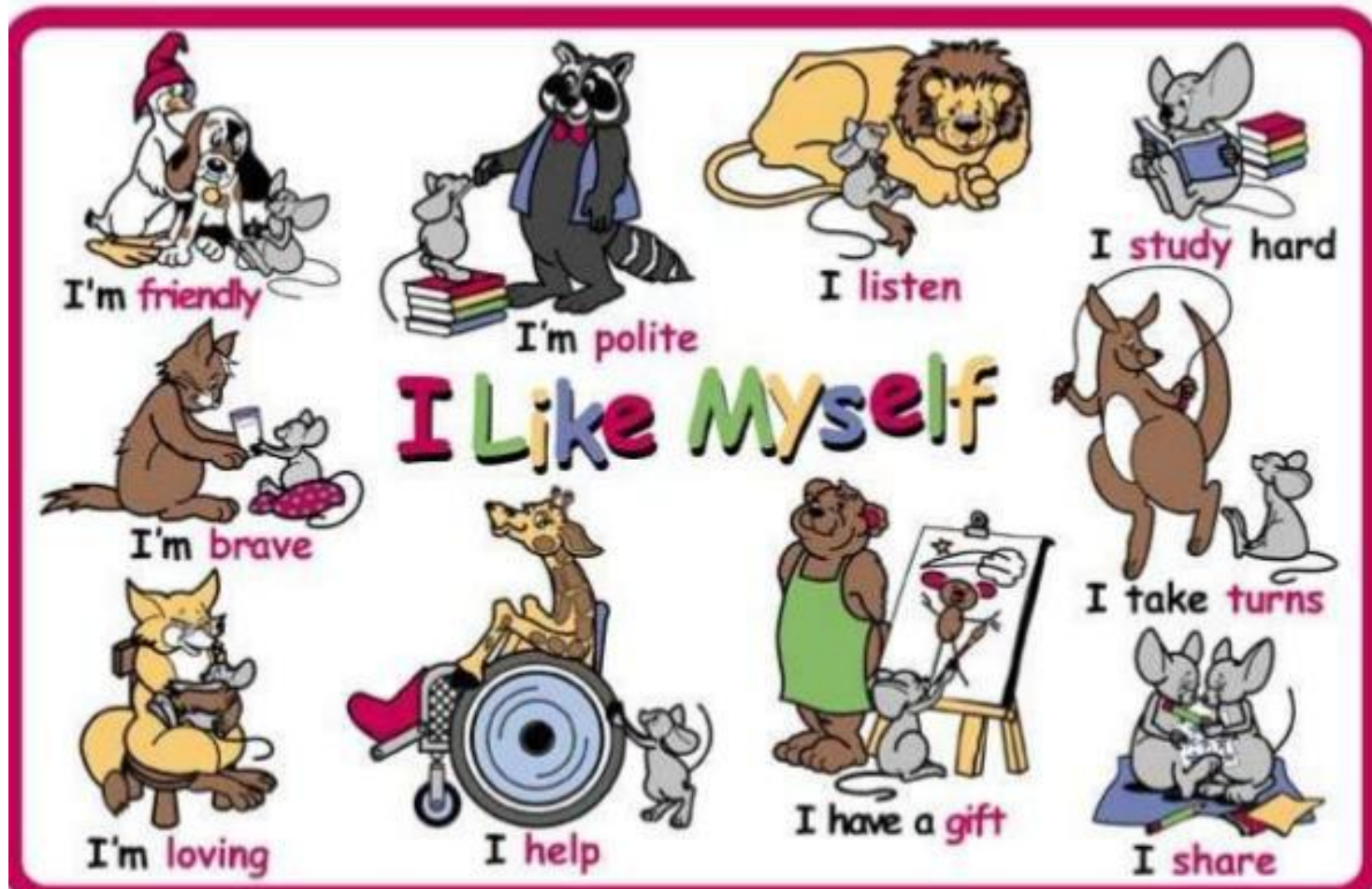
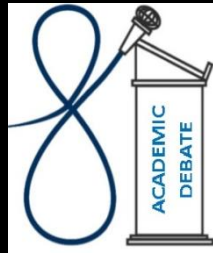
The effects of high Self-esteem

- People with high self-esteem possess the following characteristics:
- They like to meet new people.
- They don't worry about how others will judge them.
- They have the courage to express themselves.
- They are nicer to be around.
- They are magnets to positive opportunities!
- Their ideas are met with interest because others want to hear what they have to say.

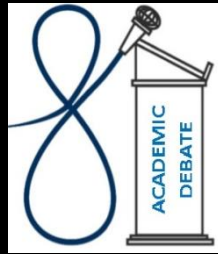


People with high self-esteem have an **"I think I can"** attitude!

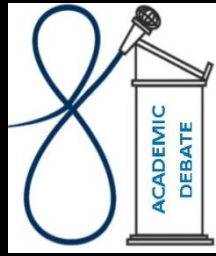
Like Yourself!



Isn't this self confidence?



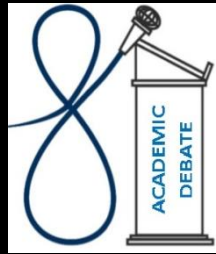
Childhood experiences that may lead to Low self-esteem?



- Being harshly criticized
- 2. Being physically, or emotionally abused
- 3. Being ignored, ridiculed, or teased
- 4. Being expected to be perfect all the time



The effect of low Self-Esteem

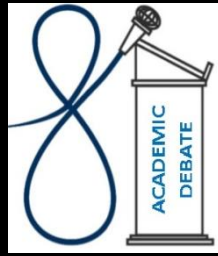


People with low self-esteem possess the following characteristics:

- They don't believe in themselves.
- They see themselves failing before they begin.
- They have a hard time forgiving their mistakes and make themselves pay the price forever.
- They believe they can never be as good as they should be or as others.
- They are afraid to show their creativity because they will be ridiculed.
- They are dissatisfied with their lives.
- They spend most of their time alone.
- They complain and criticize.
- They worry about everything and do nothing.

People with low self-esteem have an **"I CAN'T DO IT"** attitude!

Consequences of Low Self-Esteem

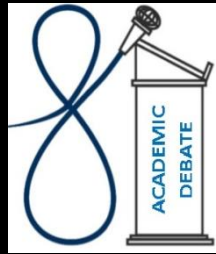


Low self-esteem can have devastating consequences, it can:

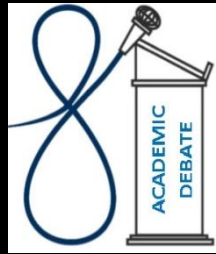
- Create anxiety, stress, loneliness
- Increased likelihood of depression
- Cause problems with friendships and romantic relationships
- Seriously damage academic and job performance



Remove negative thoughts!



Tips for building self confidence



Some Tips

**1. Admit
the problem**

2: Find support

**3:
Establish
some
reachable
goals**

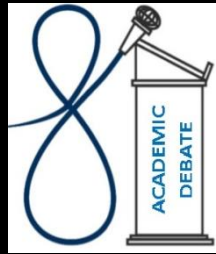
**4: Change
a small
habit**

**5. Be extra
prepared**

**6: Fake it
till you
make it**

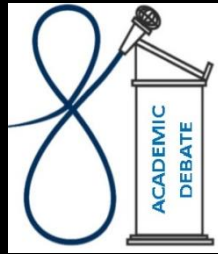
**7. Take a
break**

12 Steps to High Self-Esteem



- Forgive yourself for past mistakes.
- Focus on your positive attributes.
- Follow the example of successful people.
- Become a self talker.
- Exhibit a good attitude.
- Get plenty of rest.
- Make your work skills your own.
- Practice your talents.
- Become physically fit.
- Learn new things.
- Improve your personal relationships.
- Dress well!

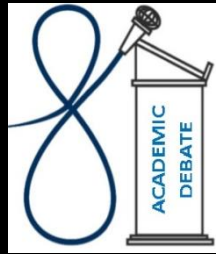
Lets Review



- Self-esteem comes from every experience of your life.
- How you view yourself affects everything you do in life.



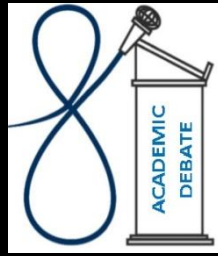
Lets Review



- High self-esteem gives you a GOOD feeling about yourself.
- Low self-esteem distorts/harms your view of yourself.

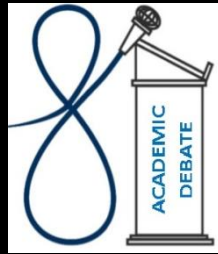


Final thought!



- You are a unique individual. No one else is like you in the whole world. This makes you special already!
- Our time in this world is limited. Make it happen for you so you leave your mark in history!

Thank You 😊



Any Questions?

