独立 8.11 A

Confidence is very important to a person, helping us achieve better progress. However, many people do not have confidence to express themselves in class discussions or meetings at work even if they have brilliant ideas. Some people suggests that the best way to solve this problem is to do preparations while others think it is better to practice techniques or ask a experienced person for help. From my perspective of view, I think the first idea will work most effectively.

First, doing preparations help people have a sense of safety and can insure their performances. If you have prepared for the speaking before, you can have a brief idea of what you will say, what idea you hold and you will be able to think everything through since there is enough time. Therefore, it is with less possibility that you will panic when speaking because you know that you have prepared and have mature ideas in your mind and will naturally be more confident. However, if you only practice the techniques of speaking and do not do enough preparations, you may end up having your mind bland and can not say a word. Take me as an example. I am a good speaker with well practiced techniques and there was once I was too confident to prepare for class discussion and ended up being unable to come up with any idea in the class and did not even participate. My confidence of myself being a speaker was greatly reduced from then on. Therefore, preparation is a must for confidence cultivating of a speaker.

Second, being able to do preparations yourself helps you deal with any kind of situations. Whatever you are facing, you can always find answers on the internet when you are preparing. The internet is so broad that you can find all kinds of people sharing their experiences of all kinds of situations. On the contrary, since people we know are limited, we can not always find an experienced person for advice because the situation we are facing might be brand new to everyone else. What’s more, it is really disturbing to ask others for help, especially to guide us on speaking and handling different kinds of situations. Even if this can help us be more confident of speaking, it will harm our reputation.

Finally, Doing preparations not only helps building up confidence, but also your overall performance. When doing preparations, what you are actually doing is paying more effort to the project discussed in the meeting or the knowledge and idea presented in the class. That you have done a good presentation basically means you have a good understanding of the issue. Therefore, with your hard work and perseverance you will certainly have better performance.

In conclusion, I think the best way to increase confidence is to thoroughly prepare before since it is the most safe way and it also help increase overall performance.

Grammarly

Confidence is very important to a person, helping us achieve better progress. However, many people do not have the confidence to express themselves in class discussions or meetings at work even if they have brilliant ideas. Some people suggest that the best way to solve this problem is to do preparations while others think it is better to practice techniques or ask an experienced person for help. From my perspective of view, I think the first idea will work most effectively.

First, doing preparations help people have a sense of safety and can ensure their performances. If you have prepared for the speaking before, you can have a brief idea of what you will say, what idea you hold and you will be able to think everything through since there is enough time. Therefore, it is with less possibility that you will panic when speaking because you know that you have prepared and have mature ideas in your mind and will naturally be more confident. However, if you only practice the techniques of speaking and do not do enough preparations, you may end up having your mind blank and can not say a word. Take me as an example. I am a good speaker with well-practiced techniques and there was once I was too confident to prepare for class discussion and ended up being unable to come up with any ideas in the class and did not participate at all. My confidence in myself being a speaker was greatly reduced from then on. Therefore, preparation is a must for confidence cultivating of a speaker.

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Finally, doing preparations not only helps to build up confidence but also your overall performance. When doing preparations, what you are actually doing is paying more effort to the project discussed in the meeting, or the knowledge and idea presented in the class. That you have done a good presentation basically means you have a good understanding of the issue. Therefore, with your hard work and perseverance, you will certainly have better performance.

In conclusion, I think the best way to increase confidence is to thoroughly prepare before since it is the safest way and it also helps increase overall performance.