

CONFIDENCE

Confidence



**trust or strong belief in
somebody/something**



the feeling that you are sure



WHAT DOES CONFIDENCE MEAN?

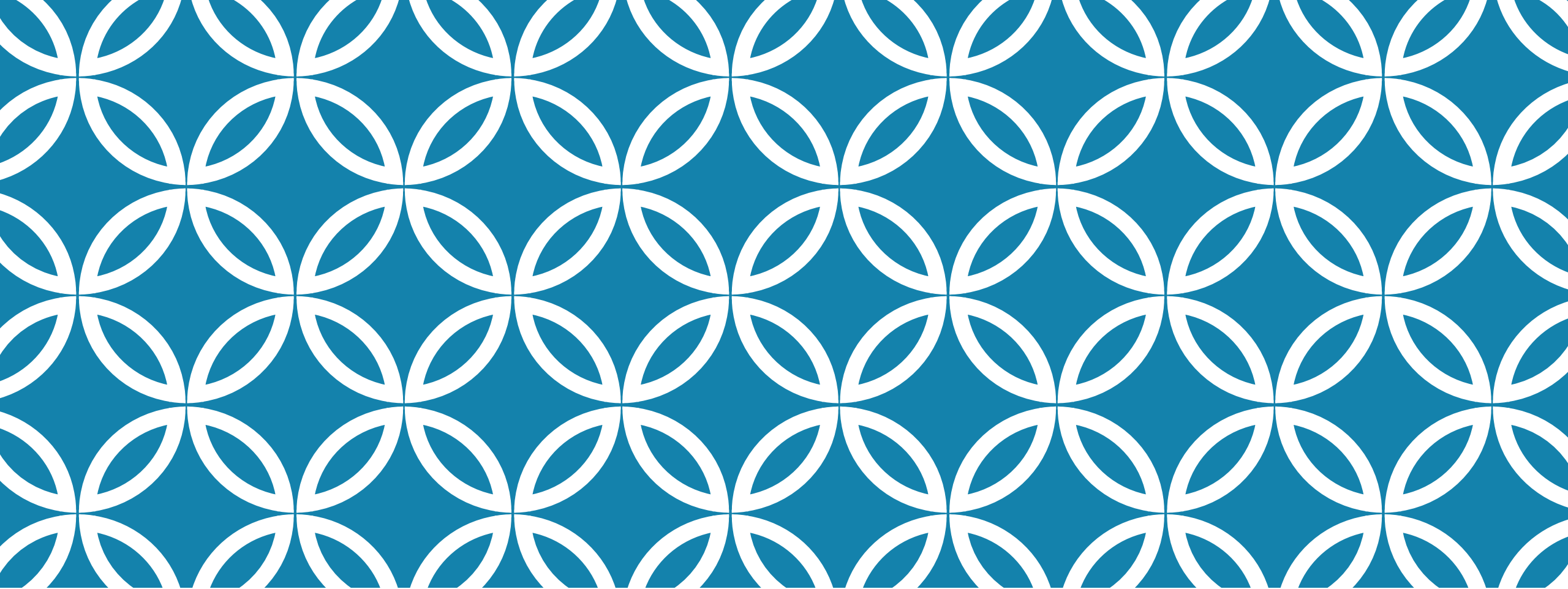
Confidence is the term we use to describe how we feel about our ability to perform roles, functions and tasks. about your own abilities, opinion, etc.

Self-confidence is an attitude about your skills and abilities. It means you accept and trust yourself and have a sense of control in your life. You know your strengths and weakness well, and have a positive view of yourself. ... Feeling **confident** in yourself might depend on the situation.



SIGNS THAT YOU ARE CONFIDENT

- 1. You listen 10 times more than you speak.**
- 2. You take a stand not because you think you are always right, but because you are not afraid to be wrong.**
- 3. You duck the spotlight so it shines on others.**
- 4. You freely ask for help.**
- 5. You think, "Why not me?"**
- 6. You don't put down other people.**
- 7. You aren't afraid to look silly.**
- 8. You own your mistakes.**
- 9. You seek approval only from the people who really matter.**



BUILDING CONFIDENCE



HOW TO GENERATE CONFIDENCE?

- Model confidence yourself.
- Don't get upset about mistakes
- Encourage them to try new things.
- Allow yourself to fail.
- Praise perseverance.
- Exploring their own interests
- Set goals.
- Celebrate effort
- Help yourself to pitch in
- Embrace imperfection
- Set them up for success

ACTIVITY

Make a “Marvelous Me” collage to celebrate being you! Look through old magazines and newspapers and cut out pictures and words that describe you. Paste them on a sheet of paper to make a collage.

send in your activities on prerna.talreja@ves.ac.in and get e-certificates



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FILLINGTHEJARS.COM

A flower does
not think of
competing to
the flower
next to it. It
just blooms.

ZEN SHIN

”

SELF RESPECT, SELF WORTH,
& SELF LOVE, ALL START
WITH SELF.

STOP LOOKING OUTSIDE
OF YOURSELF FOR
YOUR VALUE.

-ROB LIANO



ASSISTANCE TO STUDENTS IS NOW STONES THROW AWAY AT VES

Vivekanand Education Society's Vocational Guidance Bureau

- Counselling Psychologist: Ms. Prerna Talreja
- Contact No:02225271609
- E-mail ID: prerna.talreja@ves.ac.in