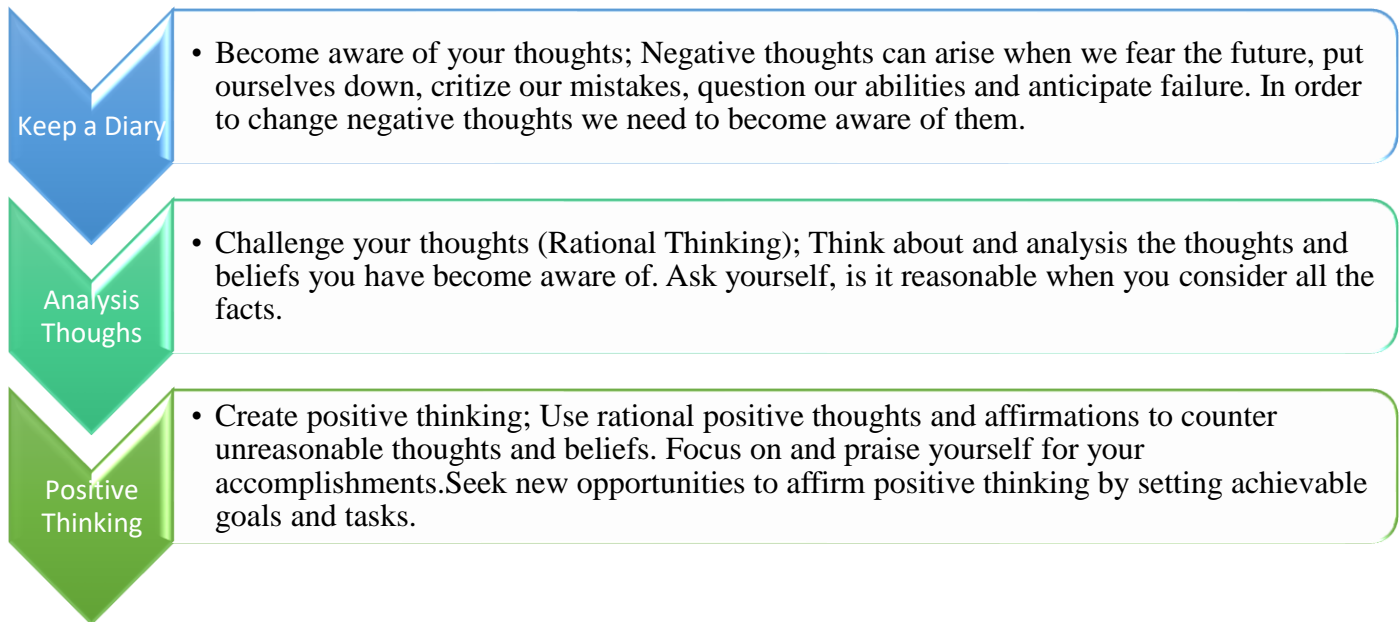




What is Confidence and Why is it Important?

Having self-confidence is being able to trust your abilities, qualities and judgements as worthy. This reflects on your self-esteem – how you feel about yourself. Self-confidence can show in many ways through your behavior, body language, how you speak and what you say. Having positive self-confidence can help reduce fear and anxiety, improve motivation, develop resiliency, improve relationships with others and create a strong sense of your authentic self (psychologytoday.com).

How to Build Confidence



Focus on your abilities and positive qualities; make a list of your accomplishments, surround yourself with people who make you feel good, set goals, provide yourself with new exciting opportunities, help those around you, eat healthy, accept and allow mistakes to be ok !!

