FEDERAL OCCUPATIONAL HEALTH

Building Self Confidence

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What is confidence?

- Greatest personal resource
- We can face any situation
- It enables us to reach our goals
- A belief in yourself
- Self-efficacy

Did you know?

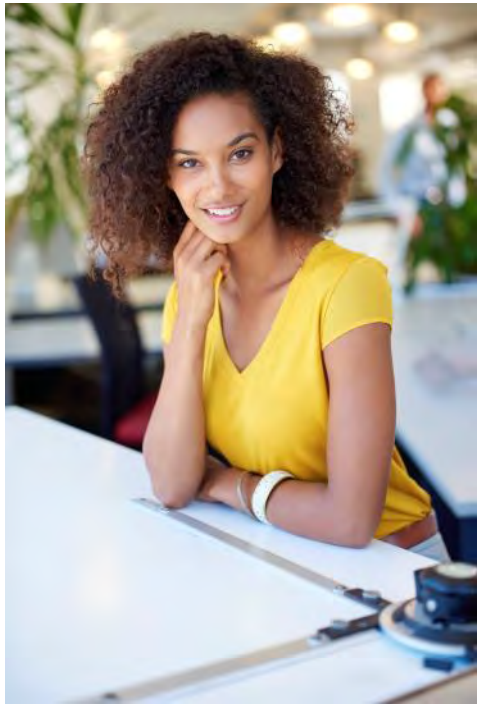
- 90% of all women want to change at least one aspect of their physical appearance
- Every 15 seconds a woman is battered
- 57% of rock music videos portray women as a sex object, a victim, as unintelligent, or in a condescending way
- One out of four college-age women have an eating disorder
- Three-fourths of girls with low self-esteem engage in negative activities, such as disordered eating, bullying, smoking or drinking
- Women applied for a promotion only when they met 100 percent of the qualifications

Where does confidence come from?

- Your background
- Everything you learned from parents, family, school and people in your life
- Your education
- Exposure to others

You are good enough…

- Competent enough
- Managing realistic expectations
- Focus on what you are good at
- Allow others to give compliments



Difference between confidence and arrogance

Confident

- Confidence is personality plus style
- Good listeners
- Have ambition
- Don’t consider themselves better than others

Arrogant

- Arrogance is associated with material goods
- Arrogant people are talkers
- Cut throat
- Consider themselves better than others

Nipping complacency in the bud

- Work harder
- Smile/laugh more
- Be courageous
- Become more creative

Apple – “Crazy Ones” Campaign

“Here's to the crazy ones, the misfits, the rebels, the troublemakers, the round pegs in the square holes... the ones who see things differently -- they're not fond of rules... You can quote them, disagree with them, glorify or vilify them, but the only thing you can't do is ignore them because they change things... they push the human race forward, and while some may see them as the crazy ones, we see genius, because the ones who are crazy enough to think that they can change the world, are the ones who do.”

–Steve Jobs

Increasing your confidence

- Focus on being calm
- Analyze your situation
- Be realistic about what you can and cannot do!
- At the end of the day – confidence has nothing to do with other people! Only you can increase your own confidence!

Relationship between low self-esteem & fear

- We are all capable of change if we put the effort in
- Fear dictates action
- Do you have a fear of judgment?

Blaming others

- Freeing yourself for your own life
- Nipping jealousy in the bud
- We cannot compare ourselves to others – we are our own person!

Exercise

- Think about a memory that shapes how you feel you are today…
- Think back.. Think about a time that you were shut down and also one when you were built up?

Ideas to boost self confidence

- Be selfish
  - Spend time with “you”
  - Find your bliss
- Acknowledge and be aware of what is keeping you unhappy
- Say no more
- Give and take compliments well
- Focus on your talents
- List all your successes and failures
  - Focus on your resiliency

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