Student Leadership Services Inc.
Changing thoughts. Challenging behaviors.

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Bringing the Inside Out!

What is Self-confidence?

-Self- confidence is believing in yourself and knowing that you are GREAT just the way you are. It is trusting in your beliefs and values and standing up for what you believe is right. Know that you are capable of anything you put your mind to. As long as you are happy with who you are that is all that matters.

What does self-confidence look like?

- ★ Good posture
- ★ Eye contact
- ★ Positive personality
- ★ Good attitude
- ★ Happy/outgoing
- ★ Firm and clear voice

What do I do to remain self-confident after this workshop?

- ★ Surround yourself with positive people who encourage you and let you know you are a great person.
- ★ Accept the compliments that people give you because they aren't lying to you- true friends tell the truth.
- ★ Always believe in yourself and your beliefs/values.
- ★ Know you have chosen to be this person and if people don't like that it doesn't matter- this is who you want to be. Don't worry about what others think.
- ★ Love yourself for who you are and know it is okay to make mistakes- We will still love you!