



Self-Confidence Building

Self-confidence is important as it allows you to fulfill your potential in life. Some benefits of having a high level of self-confidence include:

- Less anxiety – Being more self-confident means that you will be able to deal better with your inner critic, that voice in your head that causes self-doubt and says that you cannot do something.
- More motivation – A confident person is more likely to step outside their comfort zone and expand their limits.
- Better ability to deal with setbacks – A self-confident person does not let failures affect their self-worth. Instead, they take each setback as a challenge and as an opportunity to learn and improve.
- Better relationships with others – A person who lacks self-confidence is usually focused on their own faults and limitations, and on what other people may think about them. Conversely, if you are confident, rather than focusing on yourself, you will be more open towards others as you will feel more relaxed, rather than constantly comparing yourself to other people.
- Better ability to deal with criticism – If you are self-confident, you are less likely to take any criticism personally and go on the defensive.

Training your employees to build their self-confidence in the workplace will have benefits for your company as self-confident workers are more likely to:

- Work better as a team & show increased productivity
- Manage conflict successfully
- Have good communication skills & be assertive
- Be happier at work and less likely to leave
- Remain open to feedback & embrace change and innovation
- Be a positive influence on others & make better leaders

