

How to build your confidence

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Agenda



WHAT IS SELF
CONFIDENCE



THE IMPORTANCE
OF CONFIDENCE



HOW TO DEVELOP
YOUR INTERVIEW
CONFIDENCE



5 BARRIERS TO
CONFIDENCE



SUMMARY

What is Self Confidence?



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 development areas well and have a positive view of yourself. You set realistic expectations and goals, communicate assertively, and can handle criticism.



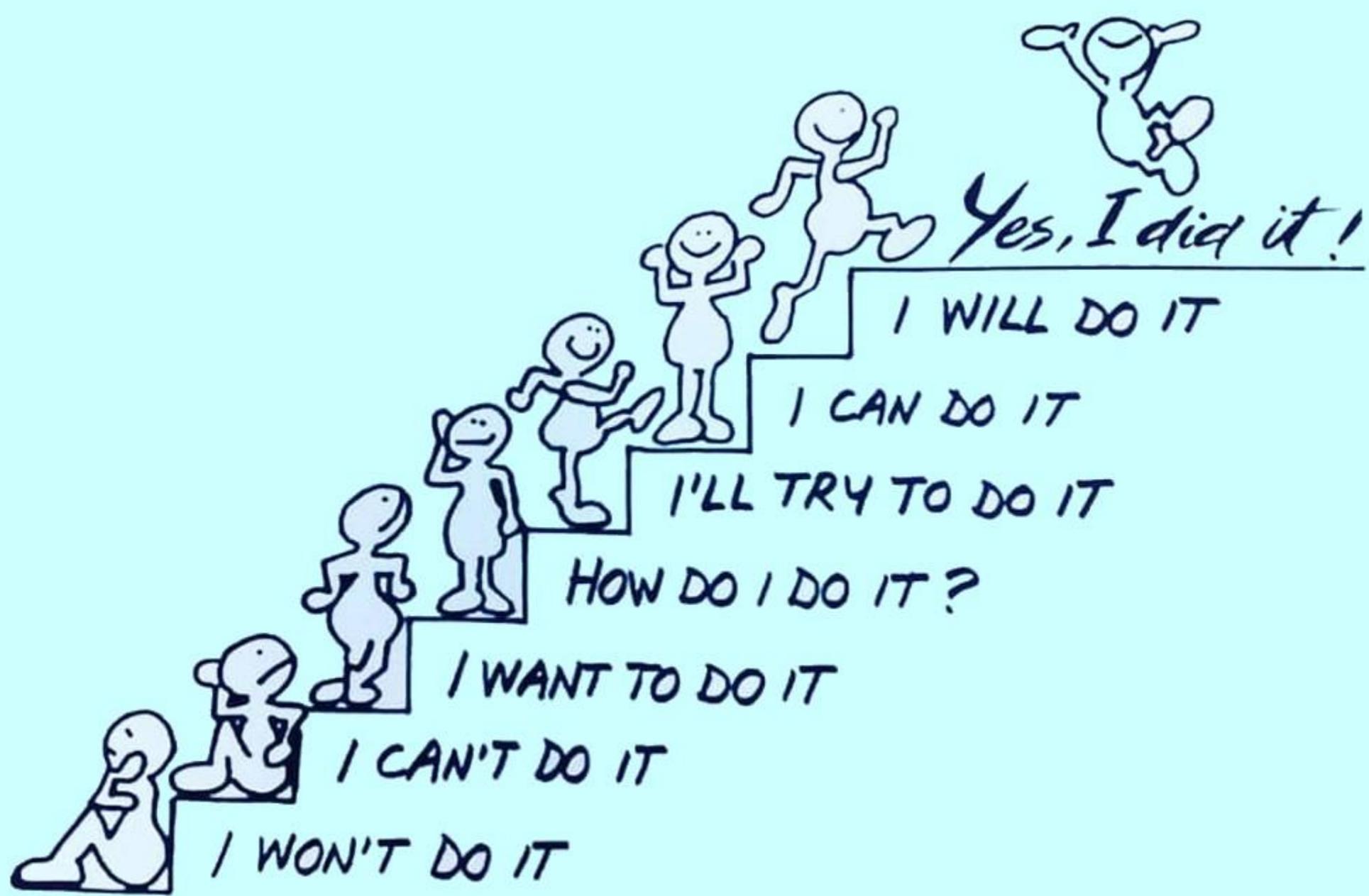
Feeling confident in yourself might depend on the situation. For instance, you can feel very confident in some areas, such as academics, but lack confidence in others, like relationships.



Having high or low self-confidence is rarely related to your actual abilities, and mostly based on your perceptions.



Perceptions are the way you think about yourself and these thoughts can be flawed.



Why is Self Confidence Important?

Less Fear & Anxiety:

The more confident you become, the more you'll be able to calm the voice inside you that says, "I can't do it."

Greater Motivation:

Building confidence means taking small steps that leave a lasting sense of accomplishment. As your confidence grows, you'll find yourself more driven to stretch your abilities.

More Resilience:

Confidence gives you the skills and coping methods to handle setbacks and failure. Self-confidence doesn't mean you won't sometimes fail. But you'll know you can handle challenges & understand how this leads to growth.

Improved Relationships:

You'll enjoy your interactions more because you won't be comparing yourself to others. Your relaxed state will put others at ease as well, helping you forge deeper connections.

Stronger Sense of your Authentic Self:

Confidence roots you in who you really are. You'll be able to accept your development areas, knowing they don't change your self-worth. You'll also be able to celebrate your strengths and use them more fully. Your actions will be in line with your principles, giving you a greater sense of purpose. You'll know who you are and what you stand for. You'll be able to let your best self shine through.

How to Develop your Interview Confidence



**Learn about job
requirements**



**Ask about interview
questions**



**Prepare your answers
to interview questions**



**Research the
employer**



**Research the
organizational culture**



**Be enthusiastic &
sincere**

The 5 Barriers to Confidence

Self-defeating
Assumptions

Unrealistic
Goals

Going Alone

Blaming
Someone

Neglecting
Setbacks

“With realization of one’s **own potential**
and **self-confidence** in one’s ability,
one can build **a better world.**”

- *Dalai Lama*

Group Activity – Your Action Plan



What action plan are YOU going to put into place to help with your confidence? Think about 1 action you will take to boost your confidence.



Please ensure to nominate someone from your group to feed back the points made by the group.

Summary

Self Confidence is an attitude



Strong self confidence motivates us, increases our resilience and strengthens relationships

Barriers to confidence happen to even the most confident person

Ensure to work on our action plan

Most importantly: Believe in yourself!

Thank you! Any Questions? 😊