



# BUILDING SELF-CONFIDENCE

2021 WORKSHOP: OVERVIEW

## INTRODUCTION

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In this follow-up to Exploring Personal Resilience, you'll learn ways to recognize your strengths and capabilities to help you effectively take action during times of uncertainty.

You'll examine your own level of self-confidence and begin to see places where you can apply your skills. You'll learn how to reach your goals by embracing the belief that you can influence what happens in your life, rather than feeling like external forces determine your fate.

## WHO SHOULD ATTEND?

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Those who tend to doubt or underestimate their skills and abilities will benefit most from this workshop. Leaders who recognize a lack of self-confidence in team members, will also benefit by learning ways to help their employees recognize, appreciate, and apply their capabilities and talents.

## LEARNING OBJECTIVES

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- Understand how self-confidence contributes to resiliency
- Build awareness of your own level of self-confidence
- Identify ways to build self-confidence

## FORMAT

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This is a virtual, interactive workshop, where attendees actively and openly participate. Much of the discussion and activities are driven by participant insights and personal experiences.

## PRE-WORK

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Participants will use their personal resilience profile they received from the Exploring Personal Resilience workshop for an interactive group activity.

## AGENDA

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- Self-confidence self-assessment
- Definition of self-confidence
- How self-confidence increases resilience
- Is it ok to be overconfident?
- The neuroscience of self-confidence
- Ways to build self-confidence
- Revisiting your personal resilience plan
- Personal commitment activity
- Resources and wrap-up



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