

Assembly

May 2018

Confidence

Synonyms

- Positivity
- Self-Belief
- Faith in yourself
- Optimism

Confidence

Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

Don't overdo it...

"I'm a great of my generation. I take inspiration from Napoleon."

"I'm half machine. I can process things at a speed that is out of this world"

"Some people may come to this process with a gameplan. I just feel my effortless superiority will take me all the way."

"I have the energy of a Duracell bunny, the looks of Jessica Rabbit and the brains of Einstein..."

But it matters...

- Sportsmen and Women
- Actors and Musicians
- Stand-up Comedians

*No-one really feels self-confident deep down
because it's an artificial idea.*

Russell Brand

Celebrity confidence

<https://www.youtube.com/watch?v=kKyT49ipCOo>

Confidence “Tricks”

- Preparation

- Experience

- Praise

- Friends and family

- Working with others

- Realising others feel insecure

Confidence in school

- Putting your hand-up to answer a question
- Making a speech in class
- Doing a creative or imaginative task
- Speaking Test or Language Oral
- **Examinations**

So use the “tricks”

- **Prepare**
- **Practise**
- **Work with others**
- **Accept nerves as natural!**

“Whether you think you can or
can’t do something...you’re
probably right.”