

How to Build Self-Confidence

GoSkills online course syllabus

Skill level

Beginner

Lessons

7

Pre-requisites

No prior experience needed

Video duration

27m

Estimated study time

27m 25s

Instructor

Alessandra Wall, PhD

Introduction

1

Honing self-confidence

Being self-confident isn't about being outgoing or fearless.

Building Confidence

2

Defining self-confidence

When you think of self-confidence, your brain might defer to those who are gutsy and bold.

3

Situational self-confidence

Self-confidence is a tool you can use to articulate needs, set expectations, and ultimately, have more success.

4

Acting despite fear

The age-old approach of faking it until you make it can be an effective first step when working to establish yourself as confident.

5

Getting clarity

When you're clear on what you want, you showcase your self-awareness and insightfulness skills, which is a key pillar of coming across as self-confident.

6

Expressing your needs

Armed with clarity on your needs and wants, you'll need to communicate these out to start establishing self-confidence amongst others.

Conclusion

7

Start building

Thank you for joining this quick course! Now, you should feel clear on the components that allow you to show up with self-confidence.

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