

10 ideas to build confidence in 10 Minutes

Everyone gets a low day, when the voice of self-doubt starts to spiral. Try reversing your spiral with a few small changes - Take a look below for some quick confidence boosting ideas and write a few down in your to-do-list as a reminder. When you feel confident – you can make the people around you feel great too.

Get Positive about yourself:

1) Value Yourself: Find out what your friends and family or work colleagues value about you ... ask them what they think you are good at.

2) Ask for Positive feedback: Ask your boss and customers for feedback on what you do well (even if your family are your boss!)

3) Be Proud: Think about the last time you felt proud about something you had done (could be a really small thing)... what does it tell you about what you can do?

4) Learn from tough times: Think about the most difficult thing you have done in your life, and what came out of it as successful ... - if you can face this, you can do anything?

5) Think about what you did well: When you leave a meeting with a friend or at work, think about all the positive things you contributed to the conversation. Switch off any negative thoughts

6) Appreciate.... Appreciate what others say, and genuinely compliment positive things. If you are positive, others will feed off this, and will want to hear your views, and you will feel more confident.

7) Walk tall, and take a few minutes extra with what you wear – if you feel you look great, smile and hold your head high, other people will perceive you as confident, and you will feel confident.

8) Be calm and clear: Expecting a difficult conversation/ meeting? - Be clear about what 3 messages you want the other party to leave with, and then how you get them across quickly and simply. Don't apologise, or put yourself down along the way – keep factual and don't get angry, or inflammatory. Prepare a way to close the conversation early if you start to get emotional. You can always go back with the 3 point summary later when things calm down.

9) Never Self-deprecate Don't ever put yourself down "I wish I was as good as you", "if only I could". Focus on what you can do, and are good at.

10) Just do IT! - its nice to be liked, but, as long as you are not mean, unauthentic, or inconsiderate sometimes the result is easier to get to if you just do it. If you create the right relationships, and are genuine, people will make allowances, and appreciate what you are trying to do, even if the execution is not always perfect.