



# Self confidence

Age range: 11-16





**Think about facing big challenges...  
and how you have risen to them**

2



# Some people have overcome big challenges

3

"I don't mind if I have to sit on the floor at school. All I want is education. And I am afraid of no one."

Malala Yousafzai

"I've gone past my expectation every single year... I've done things that other people couldn't dream of."

Jonnie Peacock

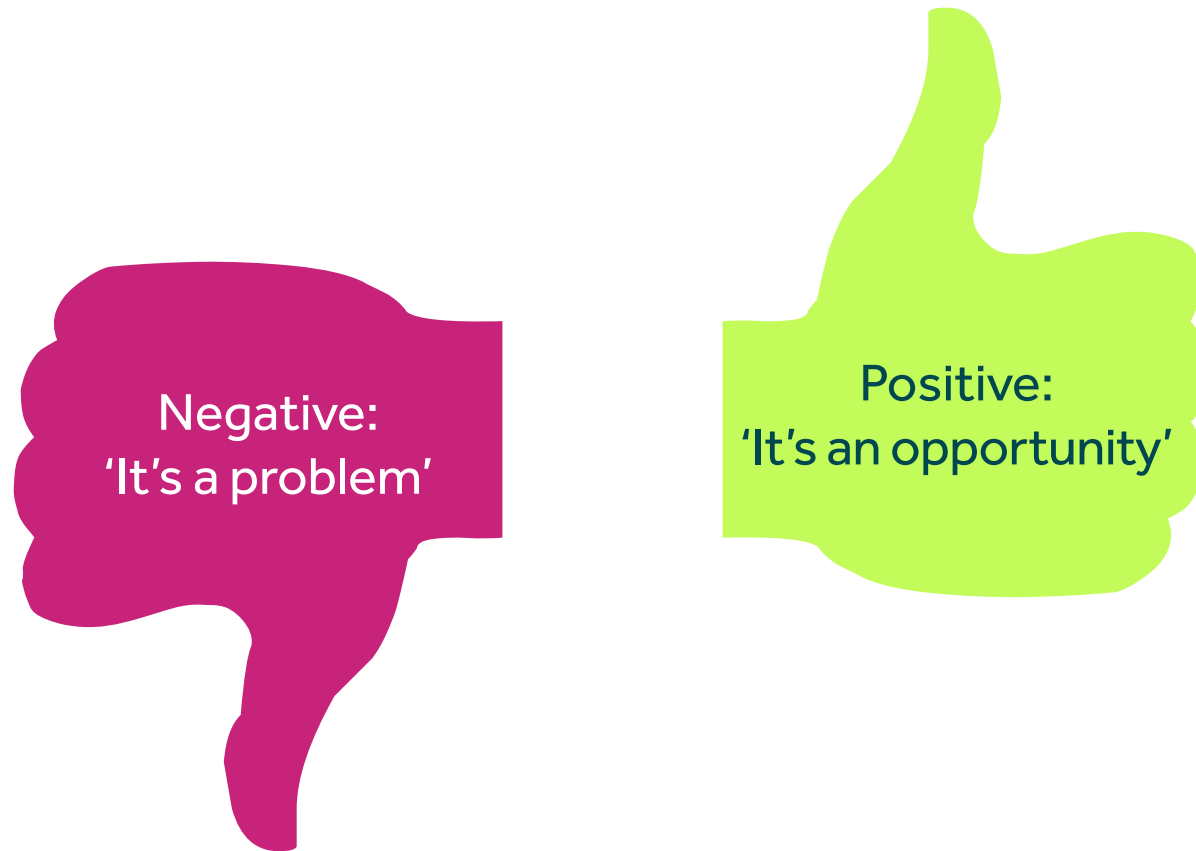
# impossible

"As a dyslexic myself, I know that everyone living with dyslexia can also thrive with it. In fact, it has been such a positive force in my life."

Richard Branson

# How do you think about challenges?

4



When you see challenges as opportunities, you find reasons to overcome your fears.

# Workplace challenges

5

Sam has taken a call from a customer who's just realised that he ordered 100 boxes of paper but only meant to order 10. The order is already being processed.

**What should he do?**

Jenny has worked hard on a presentation for her boss and she thought it was a great piece of work, but she's just handed it back and asked her to make a lot of changes.

**How should she respond?**

Sadiya has been asked to call a long list of customers to let them know about a new product. Some of them are VIPs and she's not feeling confident.

**What could she do?**

Humza has an important report to be sent off by 9am on Monday. It's now Friday and there's still a few hours' work to do before the report will be ready to send.

**What could he do?**

# Tackling a workplace challenge

6

**What might  
the fears be?**

**How could the  
challenge become  
an opportunity?**

**What skills would be  
needed to successfully  
tackle the challenge?**

# Overcome your fear

7

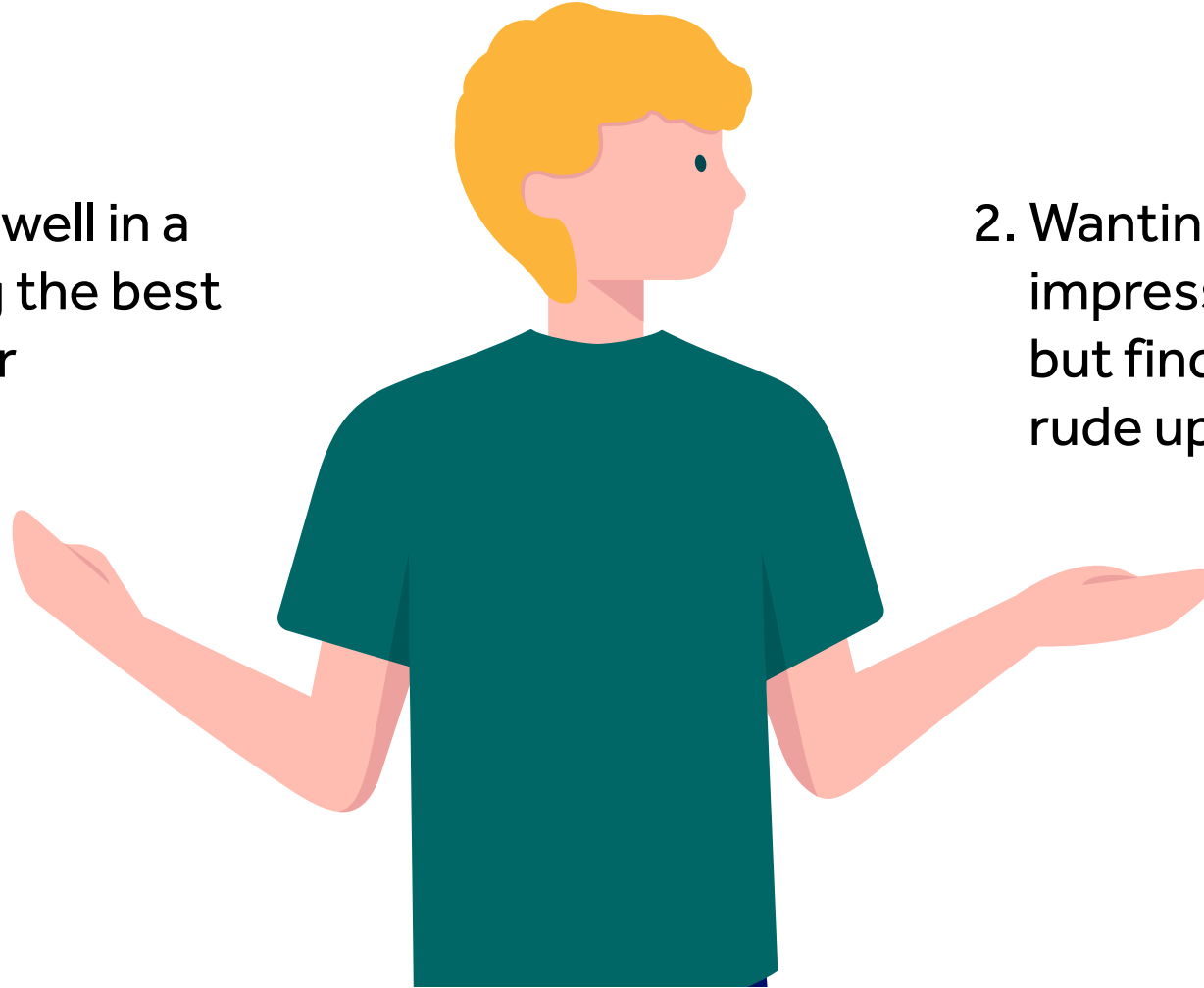
- Treat each challenge as an opportunity
- Find reasons to have a go
- Reach out of your 'comfort zone'
- Have a goal and a plan
- Imagine success
- Believe in yourself
- Realise why your fears might not matter
- Ask yourself 'What's the worst that can happen?'
- Learn from mistakes – then **TRY AGAIN**

# How could these two events be explained?

8

1. Doing really well in a test, getting the best results so far

2. Wanting to make a good impression on someone, but finding they are quite rude upon meeting them





# 'Explanatory style'

9

- Did that person do their best at the things they could control?
- Does everything work out this way?
- Will things always work out this way?

# Think of two things that happened to you

10

1. Something that went well

2. Something that didn't go well



What's your explanatory style for each one?



# Tips for helping to think positively and build self-confidence

11

- Look at what can be controlled
- Remember what was done well or how to improve



When things **go wrong**, remember:

- Not everything goes wrong
- Things won't always go wrong in the future



When things **go well**, remember:

- Most things go well
- Things will usually go well in the future

# Thinking positively

12

When things **go wrong**, remember:

- Not everything goes wrong for me
- Things won't always go wrong in the future

When things **go well**, remember:

- Most things go well for me
- Things will usually go well in the future

**Tips for helping to think positively and build self-confidence:**

- Accept that things can go wrong
- Remember that most things go well
- Replace any negative thoughts using a positive explanatory style
- Remember examples of when things go well and use them to challenge pessimistic thoughts
- Use these examples to think 'I can help this go well because...'
- Always be honest and take responsibility for actions