



# Self confidence

Age range: 14+

 **BARCLAYS** | LifeSkills





**Think about when you've  
faced a big challenge...**

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... and when you've risen to it.

**How did it make you feel?**

# Some people have overcome big challenges



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**



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?



**Negative:**  
'It's a problem'



**Positive:**  
'It's an opportunity'

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

# You want to find a part time job for the holidays

You know you will have to talk to new people but this makes you nervous

# What might you be worried about?

Having a go?

Failure?

Rejection?

# Building your confidence by...

- Remembering **why** you are going to do something
- Imagining success (close your eyes and see yourself talking with confidence and achieving the goal – getting that job)
- Role play with a friend
- Remembering a time when you did something well that you were worried about before
- Believing in yourself



# Ingredients for success

Who can you think of that seems happy and successful?



What makes them happy and successful?

# Think of two things that happened to you

Something that  
went well



Something that  
didn't go well



# Look at the positive and what went well

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When things **go wrong**,  
remember:

- Things won't always go wrong in the future

When things **go well**,  
remember:

- Things will usually go well in the future



## Build your self-confidence 11

- Accept that sometimes things go wrong
- Remember most things go well
- Be honest and take responsibility for what you do
- When things go wrong, remember not everything is like this
- When things go well, remember these and feel good about them