



# Building confidence and assertiveness

Age range: 16-19

 **BARCLAYS** | LifeSkills





# Case study – Charbrew

Adam Soliman started the company in 2009 with £5000 capital. It is now a million pound business.





# What are the challenges?

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**Starting a university course**



**Taking up a volunteering opportunity overseas**



**Moving away from home for a first job**



**Starting an apprenticeship**

# Words to describe behaviour: what do they mean?

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**Aggressive**

**Assertive**

**Passive**

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**Passive**

Accepting or allowing what happens or what others do without active response or resistance

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**Assertive**

Stating your needs and opinions clearly so that people take notice; confidence and directness in claiming your rights or putting forward your views while taking the views of others into account

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**Aggressive**

Inclined to behave in an actively hostile and emotional way

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# Top tips

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