



**THE
CONFIDENCE
COMMUNITY**

FEEL MORE CONFIDENT

POWER POSE!

You might feel daft at first but give it a go! Hands on hips or in a victory V - try a typical 'power pose' in the mirror for a few minutes a day.



SMILE

It's proven smiling can reduce heart rate and feelings of stress so think about a time when you felt really confident and get grinning!



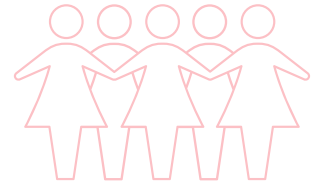
HIGH ENERGY MUSIC

Create a playlist of high energy songs and play these when you need to boost energy and feel more confident.



HAVE A CONFIDENCE COMMUNITY

Find people who will give you the boost you need. We're not all confident everyday but having people to lift us can help restore feeling confident.



FOCUS ON DEVELOPMENT

If you feel less confident in certain areas focus on what you can do to develop your skills and knowledge to help increase your confidence.



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