

Building Confidence

Confidence is something that is developed over time and it requires determination, practice, and perseverance. Confidence is a combination of self-esteem and self-efficacy. It is the ability to be both patient and resilient in your efforts to excel in your domain, gain mastery of a set of skills, and accomplish your goals.

Confidence is also trusting in your ability to take on anything that life throws your way, and to know that if you do fall, you can get right back up. Confidence shapes your perception of life; it is the catalyst of action and change. So, when you find yourself in an anxiety-inducing situation, you can not only muster the courage to face your fears but to conquer them as well.

Confidence in public speaking allows you to:

- ✓ Focus on your audience instead of yourself
- ✓ Speak concisely, with clarity
- ✓ Deal with unexpected challenges
- ✓ Be more engaging and captivate an audience's attention
- ✓ Project a sense of transparency which in turn will help to build trust with the audience



Breathe and Release Technique

Active deep breathing can physically calm down your body when you are in a state of distress. Taking control of your breathing allows you to maintain a balance between oxygen and carbon dioxide.

- Ensure you are sitting upright with your shoulders against the chair back (aiding better airflow).
- Shift your awareness to the tension build-up in your body and visualize your anxiety. Take a deep breath through your nose and hold it in for five seconds.
- Exhale through your nose slowly. As you release the air inside your lungs, picture your anxiety disappearing into thin air. Repeat this process three or four times - or more, as needed.



Confidence Signalling Challenge

Confidence signalling is a way for you to train your brain to practice positivity through the power of habit. Done properly, and committed to, this exercise can help to:

- ✓ Prioritise positive thoughts over negative ones
- ✓ Train your brain to feel and exude confidence
- ✓ Eliminate stage fright and fear and improve your self-image

Repeat the following affirmations twice a day, for 90 consecutive days:

- I can do anything I put my mind to
- I choose to search for the positive, or the opportunity, in challenge
- Mistakes made are opportunities to learn
- My voice has infinite power in this world
- Confidence is my natural state



For more 'Building Confidence' information, exercises, and techniques, visit danielkoek.com and join **The Ultimate Performance Academy**. Visit danielkoek.com for details.