

# CONFIDENCE

## Definition



- Confidence is a psychological state marked by a strong belief in one's abilities and judgments.
- It varies across individuals and situations and can be influenced by past experiences, feedback, and personal beliefs.
- Striking a balance between excessive overconfidence and self-doubt is crucial for personal and professional growth.
- Building confidence requires self-awareness, goal-setting, experience, and fostering a positive mindset.

## Why Is It Needed?



- Confidence enhances an individual's ability to take on challenges and tackle tasks effectively.
- Confidence allows people to believe in their skills and decision-making abilities, leading to increased productivity and job performance.
- Confidence promotes effective communication and collaboration with colleagues and superiors, fostering a positive and productive work culture.
- It enables people to adapt to change and handle setbacks with resilience, as they trust in their capacity to overcome obstacles.

## Impacts if you Don't have it

Limited Opportunities



Underperformance



Increased Stress and Anxiety



Health Issues



Impostor Syndrome



Social Isolation



Limited Personal Growth

LEARN MORE

