



**“Incredible Practitioners to empower adults
with disABILITIES through
Education, Employment & Social Entrepreneurship”**

Self Confidence

Self-confidence is an essential entrepreneurial aptitude for success.

Self-confidence refers to how a person feels about his or her abilities.

A successful entrepreneur believes in his abilities. He/she is not scared to explore unarmed territories, take risks and make difficult decisions.

Self confidence is a key entrepreneurial skill for success.

SELF CONFIDENCE
for a More Satisfying
and Successful Life





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What is Self-Confidence?

Confidence is having a sense of assurance. If you trust your abilities or actions, you are self-confident.

Self-confidence is the belief that you can accomplish various tasks even during possible setbacks or in stressful situation.

For example, say you start a new job tomorrow and don't really understand exactly how to do the job, but you are sure you can perform the job because you believe they wouldn't have hired you in the first place if they did not believe you could do it. This is the perfect example of self-confidence, because people who don't have self-confidence will worry about it and think their employers hired the wrong person for the job before they even got started.

People who lack self-confidence generally lack self-esteem, as well.

Confidence

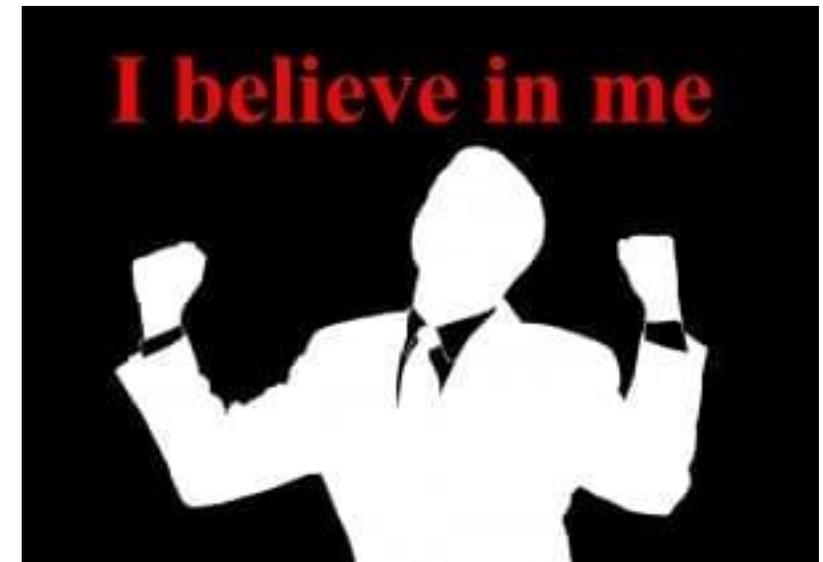
- Confidence means believing in yourself and in your abilities.
- Confidence grows stronger each time you succeed.
- Common characteristics of confident people:
 - Self-assurance
 - Self-control
 - Willingness to take responsible risks
 - Positive self-concept and high self-esteem



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Cultivating a Good Attitude

- Turn your negative thoughts to positive thoughts
- Refuse to focus on negative thoughts more often than positive thoughts
- Maintain a positive support network
- Eliminate reminders of your negativity
- Identify your talents
- Take pride in yourself
- Look in the mirror and smile





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Dealing with Emotions

- Be comfortable with fear
- Be patient with yourself
- Strive for balance
- Stop comparing yourself to others
- Recognize your insecurities
- Bounce back from your mistakes
- Avoid perfectionism





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Self-Confidence: The Key To Entrepreneurial Success

- Stay Focused On You
- Protect Your Energy
- Identify Your Strengths and Weaknesses
- Challenge Yourself
- Develop Positive Attitude
- Be Decisive



- Set Realistic Goals and Trumpet Your Successes
- Monitor Your Successes
- Get Testimonials
- Know that You Could Feel Threatened At Times
- Closing Thoughts