

# Skills, Development and Employment

## Building confidence and self esteem

Our levels of self-confidence can go up and down, depending on what's happened recently in our lives. So it's normal for your confidence to take a dip from time to time. However, your level of self-confidence can have a real impact on how well you make use of the opportunities that come your way. <sup>(1.)</sup>

**Do you feel less confident in some situations? If you can, try to identify when and why you feel less confident - at work, when studying, speaking to people? Has this always been the case, or was there a time in your life when you felt more confident? It may be that you have lost confidence for a reason, such as being made redundant, or a personal situation. Don't worry: you can take steps to improve your confidence.** <sup>(2.)</sup>

⇒ Taking positive action is a good way to improve your confidence. Taking steps in a new direction will make you feel more in charge of your life and your future. It is also a good way to get to know yourself better. The National Career Service provide information on how you can improve your confidence. Visit [www.nationalcareersservice.direct.gov.uk/advice/courses/typesoflearning/Pages/feelconfident.aspx](http://www.nationalcareersservice.direct.gov.uk/advice/courses/typesoflearning/Pages/feelconfident.aspx). <sup>(3.)</sup>

⇒ Hampshire Adult Learning provides the following confidence building courses:  
Personal Development: Programmes which support individuals in developing confidence, knowledge and skills to become more effective in their everyday lives. Programmes of learning can be tailored to suit learners' needs.

- Assertiveness Skills (Entry Level)
- Confidence Building (Entry level)
- Personal Development (Entry Level)
- Developing Confidence (Level 1)
- Managing Life Changes (Level 2)
- Professional Effectiveness (Level 3)

For more information on the courses provided by Hampshire Learning visit: [www.hants.gov.uk/hampshire-learning/hl-providers/ncfe-accreditation](http://www.hants.gov.uk/hampshire-learning/hl-providers/ncfe-accreditation) or contact Hampshire Learning: [hampshire.learning@hants.gov.uk](mailto:hampshire.learning@hants.gov.uk).

⇒ Youth and Families Matter - Self-Esteem Group. The Self-Esteem group is a 6 week course for adults, aimed at helping them build their confidence. If you would like to find out when the next group is running, email: [Linda@youthandfamiliesmatter.org.uk](mailto:Linda@youthandfamiliesmatter.org.uk). 07825 265544

⇒ If you are worried your child's lack of confidence or low self-esteem is affecting their day to day life, relationships or ability to learn and develop, it is worth seeking professional help. Young Minds provides information on how you can help improve your child's self-esteem. Read the 'worried about your child?' section under the parent tab at [www.youngminds.org.uk](http://www.youngminds.org.uk). You can also search self esteem on the Family Lives website [www.familylives.org.uk](http://www.familylives.org.uk) and read the information on 'Helping your child build self esteem.' <sup>(4.)</sup>

### Top Tips

- Be true to yourself. Live your life doing what feels right to you, not someone else.
- Give credit where credit is due. If you've done something really good, and people compliment you on it, accept the compliments with thanks!
- Try something new. When you break out of your comfort zone and try something new, not only do you challenge yourself, but you expand your confidence in your own abilities.
- Keep a positive crowd. The people you hang out with can either drag you down or lift you up.
- Wash yourself in positive memories. It's a common habit to let previous failures and bad experiences wash through your mind before you do something important. Replace that habit by actively letting positive memories, accomplishments and experiences wash through your mind for a minute or two instead.
- Do something you're good at! Regularly doing things that you are good at reinforces your belief in your abilities and strengths.

1. Would you like to feel more confident? National Career Service. 2012. <https://nationalcareersservice.direct.gov.uk/advice/courses/typesoflearning/Pages/default.aspx> 2.Types of learning: feel confident. National Careers Service. 2012. <https://nationalcareersservice.direct.gov.uk/advice/courses/typesoflearning/Pages/feelconfident.aspx> 3. Types of learning: Do you feel less confident in some situations. National Careers Service. 2012. <https://nationalcareersservice.direct.gov.uk/advice/courses/typesoflearning/Pages/feelconfident.aspx> 4. Helping your child build self esteem. Family lives. 2014. [familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/](http://familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/)

# Skills, Development and Employment

## Building confidence & self-esteem

### Mind tools

#### **Building Self-Confidence - Preparing Yourself for Success**

For a variety of information, resources and tools on how to build your confidence visit

[www.mindtools.com/selfconf.html](http://www.mindtools.com/selfconf.html).

---

### **10 Ways to instantly build self-confidence**

By using these 10 strategies you can get the mental edge you need to reach your potential. Read more at

[www.pickthebrain.com/blog/10-ways-to-instantly-build-self-confidence](http://www.pickthebrain.com/blog/10-ways-to-instantly-build-self-confidence).

---

### **Learning for confidence**

It may be that you have lost confidence for a reason, such as being made redundant or a personal situation. Don't worry, you can take steps to improve your confidence. Find out more about confidence and how to build it at

[www.nationalcareersservice.direct.gov.uk/advice/courses/typesoflearning/Pages/confident.aspx](http://www.nationalcareersservice.direct.gov.uk/advice/courses/typesoflearning/Pages/confident.aspx).

---

### **How to increase your self-esteem**

Explains how to increase your self-esteem, giving practical suggestions for what you can do and where you can go for support. [www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem](http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem).

---

### **Helping to build your child's self-esteem**

Tips to help build self-esteem. [www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem](http://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem). If you would like more support and advice, you can talk to one of their Family Support Workers through Live Chat and email on the website or call their confidential helpline on 0808 800 2222.

---

### **Improve your child's self esteem**

Young Minds provides information on how you can help improve your child's self esteem. Read the 'worried about your child?' section under the parent tab at [www.youngminds.org.uk](http://www.youngminds.org.uk).

---

### **Youth and Families Matter - Self-esteem Group**

The self-esteem group is a 6 week course for adults, aimed at helping them build their confidence. If you would like to find out when the next group is running, email

[Linda@youthandfamiliesmatter.org.uk](mailto:Linda@youthandfamiliesmatter.org.uk). 07825 265544

---

### **Hampshire Adult learning**

Hampshire Adult Learning provides confidence building courses. For more information on the courses provided by Hampshire Learning visit: [www.hants.gov.uk/hampshire-learning/hl-providers/ncfe-accreditation/](http://www.hants.gov.uk/hampshire-learning/hl-providers/ncfe-accreditation/) or email [hampshire.learning@hants.gov.uk](mailto:hampshire.learning@hants.gov.uk).