

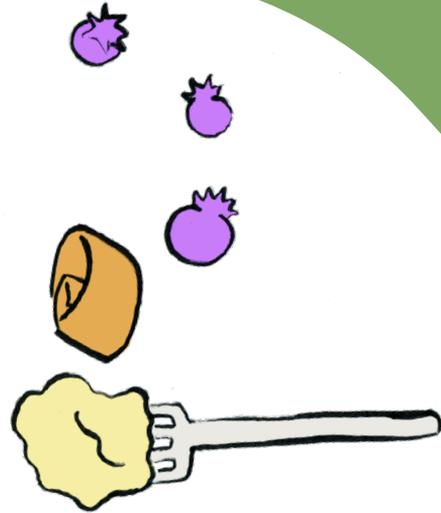
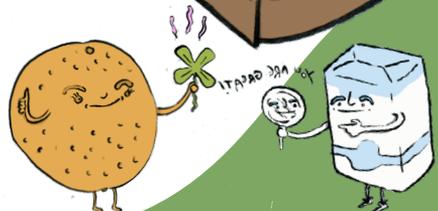
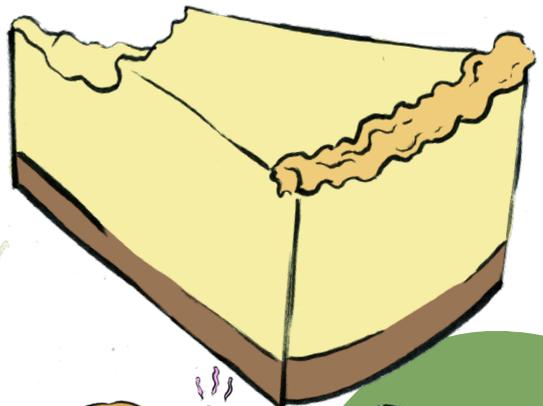
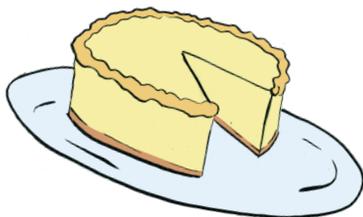
Assets for Success

Confidence

You don't need to be outgoing to be confident.

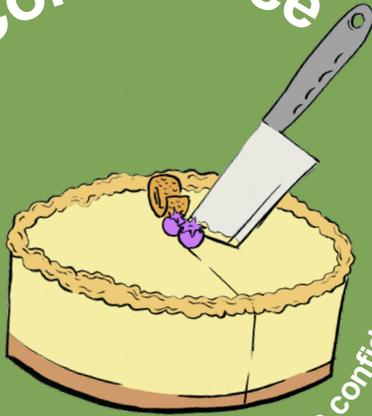
Confidence is believing in yourself, your abilities, and being able to share what you have to offer with others. Confidence is context dependent, so you might feel more confident in some situations than others.

Developing confidence is key to developing other Assets, including communication, flexibility and independence.



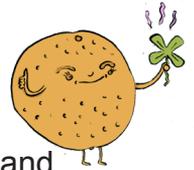
Confidence

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Self-belief

Trust in your judgement and Assets; a conviction that you can manage life's challenges.



Optimism

Being warm and welcoming and easy to talk to; smile and make positive eye contact to help others feel at ease.

Courage

Act on your self-belief by trying new things, taking calculated risks and asking for help when needed.



Encourage

Be friendly and understanding towards others to help them improve their confidence.



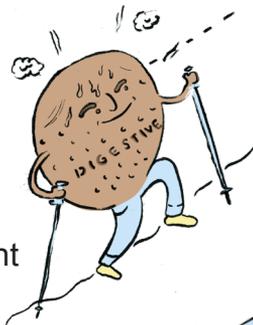
Balance

A willingness to communicate effectively and to get along with others by displaying a positive attitude.



Determination

When something goes wrong, don't lose faith in your ability, be persistent and try again.



Be Realistic

Know and accept your limitations; accept constructive criticism to move forwards.

