

COACHING WORKBOOK

# Building Your Self-Confidence

This workbook provides some coaching dialogues and best practices for strengths assessment so you can use your strengths in many aspects of your lives.



# Introduction

Self-confidence refers to an individual's belief in their own abilities, qualities, and judgment. It is the trust in one's own abilities, qualities, and judgment, which enables a person to face challenges, take risks and pursue their goals with determination.

Self-confidence allows a person to feel secure in their own skin and to approach life with a positive attitude. With high levels of self-confidence, a person can feel empowered to take control of their life, overcome obstacles, and achieve their dreams.

Feelings of well-being, acceptance of your abilities, and experience all contribute to confidence. Most people would like to have more confidence.

**Identifying and exploring your strengths will naturally develop your confidence. Increasing your ability to not only do a great job but get recognized for it too.**

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