



LB Coaching

35 WAYS TO BUILD YOUR SELF- CONFIDENCE

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Table of Contents:

Introduction

- Chapter 1 **Let's Get This Straight.**
We All Need Self-Confidence!
- Chapter 2 **Let's Get Practical.**
How Exactly Do We Build Self-Confidence?
- Chapter 3 **Let's Take a Long Term View.**
How Do We Develop Amazing Self-Confidence Over Time?
- Chapter 4 **Let's Face the Truth.**
Procrastination Will Never Raise Your Self-Confidence.
- Chapter 5 **Let's Make It Stay.**
Great Ways to Regain Your Self-Confidence.
- Chapter 6 **Let's Learn Some Fast "Tricks."**
A Few Fast Confidence Boosters.
- Chapter 7 **Let's Learn From Those Who Know.**
The Habits of Self-Confident People.
- Bonus Chapter 1 **How to Be Self-Confident in Social Settings.**
- Bonus Chapter 2 **How to Be Self-Confident When Job Hunting.**

About the Author

Articles about Self-Confidence

35 WAYS TO BUILD YOUR SELF-CONFIDENCE

If I were to pick one “issue” that affects many people, it would have to be lack of self-confidence. It is a tricky “weakness” to identify though, as it is not immediately obvious; anyone can learn to disguise it quite well. I would say that 95% of my clients have had difficulties with their self-confidence and often they were totally unaware of it. Luckily my professional coaching process leaves very few stones unturned and few issues remain undiscovered. After a while, low self-confidence will often emerge as the main culprit standing in the way of their future success. Maybe it’s in your way too.

If you feel this may be the case, then this book will help you start to rediscover your true self; and in the process, you will regain some of that lost self-confidence. And by the way, make no mistake; all those bullies and all the pushy and aggressive people you know suffer from lack of self-confidence too.

What are the reasons for this all-too-common phenomenon? The obvious answers come to mind immediately: the way we were brought up, the influence of our parents, teachers and peers. Mix this together with some tough life experiences and the “damage” is done.

It is a sad truth that only a very small percentage of parents bring their children up to be self-confident. That, combined with too strict a school system and a few bullying classmates, can undermine anyone’s natural self-confidence. Yes, you read that correctly. All of us were born with innate self-confidence.

It’s enough to watch any toddler to understand that. They set their sights on something and go after it with absolute determination. No second thoughts, not the slightest doubt. They are not thinking “Oh, I can’t do this. Oh, I am just not good enough”. No such thoughts ever enter their minds. What you see is their natural self-confidence. We all used to have it. Now we have to claim it back. And yes, it is possible.

Personally, I view gaining self-confidence as a process; the process of reclaiming something that is our birthright to possess. Will it be hard? Yes. Will it be fun? Yes! Nothing is more rewarding than working on your own self-development and growth, gaining new insights and becoming a more balanced person in the process!

I have been through many self-confidence rebuilding processes with my clients and I have been through it myself. And for exactly that reason I can guarantee you that it is doable, achievable and (for the most part!) enjoyable.

So, if you feel that you are ready to tackle your self-confidence issues (and I believe you are, because you bought this book), sit back, get yourself a notepad and enjoy. Most importantly, take the appropriate action..... perhaps not all of the recommendations will be relevant to your particular situation, but act on those that are!

Note: There are some grey-colored areas in the book which highlight an exercise. Please don't skip these, as they are extremely important! Enjoy!

Chapter 1

Let's Get This Straight.

We All Need Self-Confidence!

Confidence is necessary to achieve success in life. Even those who come across as exceptionally confident need some reassurance from time to time. If you are still not sure that you can really be bothered to read this book and work on your self-confidence, let me tell you this: If you want to transform your current quality of life, keep turning the pages. I will provide you with practical tips on how to build your level of self-confidence day after day and how to make sure these tips work for you in any given situation.

Case Study: *Richard

Richard approached me after receiving a not-very-encouraging appraisal by his employer for the third year in a row. The message was clear: there was very little chance that Richard would make it any further within the corporation. Needless to say, Richard was shattered, for he liked his job, had great respect for the Company and equally great ambitions for himself.

When we started our coaching process together, it became very clear that Richard's self-confidence had received some major blows in the past couple of years. To restore his confidence to the level it had been at when he was hired as a young and assertive man, Richard proposed the following steps. He believed these steps would work for him.

- 1.) Find a role model within the Company, someone whom he admired and trusted. Approach this person requesting that they become his mentor.
- 2.) Identify people in his environment who possess the natural self-confidence and observe how they act and what makes their confidence show and shine through.
- 3.) Be committed to re-establishing his own self-confidence and allow it to develop in the time frame that feels comfortable and natural.

Richard followed these steps and also went through a very thorough coaching process. After two years the Company has offered him a promotion. To their surprise, Richard was no longer interested. He pursued a much better offer elsewhere, where after his initial interview, he was told: “You are exactly the sort of confident and ambitious individual we are looking for right now.” Needless to say, the deal was done and Richard is enjoying his new job and a new sense of freedom that comes with a solid sense of self-confidence.

You too can follow the same steps in order to start rebuilding your self-confidence.

*The name in the case study has been changed.

Learn From Those Who Know

The easiest way to begin is to identify people in your environment who possess that rare commodity called self-confidence. How to find those people? I think you will know instinctively. They are relaxed, nothing is a big issue, they deal with problems calmly, and they don't blame others if things don't go smoothly. They don't need to prove anything to anybody because they know they are fine the way they are. Doesn't it sound so easy? Yeah, right. Don't worry. At this stage, I am not asking you to copy those people or to be them. I am asking you to surround yourself with people like that, try to be in their presence as much as possible and observe. I can give you a lot of advice but, as they say, seeing is believing.

Being surrounded by confident people will have an amazing impact on you., making you feel empowered, re-energized and motivated. If you build a good rapport with them, I am sure they would be happy to share some of their own valued tips. Remember, they too had to make it through childhood and adolescence with all its emotional challenges.

They just somehow managed to take it in their stride and emerged on the other side stronger, smarter and yes, more self-confident. Ask them: don't be shy. If they are as confident as they portray, they will be more than happy to share their secrets. And that leads us directly to...