

How to Build Self-Confidence

GoSkills online course syllabus

Skill level

Beginner

Lessons

7

Accredited by

Verified by GoSkills

Pre-requisites

No prior experience needed

Video duration

27m

Estimated study time

27m 25s

Instructor

Alessandra Wall, PhD

Introduction

- 1 Honing self-confidence**
Being self-confident isn't about being outgoing or fearless.

Building Confidence

- 2 Defining self-confidence**
When you think of self-confidence, your brain might defer to those who are gutsy and bold.
- 3 Situational self-confidence**
Self-confidence is a tool you can use to articulate needs, set expectations, and ultimately, have more success.
- 4 Acting despite fear**
The age-old approach of faking it until you make it can be an effective first step when working to establish yourself as confident.
- 5 Getting clarity**
When you're clear on what you want, you showcase your self-awareness and insightfulness skills, which is a key pillar of coming across as self-confident.
- 6 Expressing your needs**
Armed with clarity on your needs and wants, you'll need to communicate these out to start establishing self-confidence amongst others.

Conclusion

7

Start building

Thank you for joining this quick course! Now, you should feel clear on the components that allow you to show up with self-confidence.

[Go to GoSkills.com](https://www.goskills.com)