

# EMPLOYABILITY SKILLS

(Class IX)

Common to All Sectors



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# **UNIT 2 : SELF-MANGAMENT SKILLS**

## **Session 3 : Self Confidence**

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# Session Objectives

The students will be able to:

- ❑ Describe the meaning of self-confidence;
- ❑ List the qualities of self-confident people;
- ❑ Identify ways in which one can build self-confidence; and
- ❑ List factors that influence self-confidence.

# Introduction

Self-confidence is a sense of trusting own's abilities and self. If you are an intelligent, hardworking and talented person, but lack confidence, and avoid taking initiative, then it may be difficult for others to recognize your talent. Self-confidence can be developed through changes in attitude and practices.

# Meaning of Self-confidence

- ❑ Self-confidence is a quality we build when we believe in our strength to succeed in anything we do in life.
- ❑ People who are confident believe that they can do anything given to them in any situation.

**Niraj** had difficulty in speaking English. He, therefore, avoided talking to his classmates. He believed that he can learn English by joining English speaking classes and in few days he was able to speak english fluently.



**Shalini**, was preparing for her final board exams. She feared that she will not get good marks in English because of her poor memory. This made her nervous before the exam and she actually got poor marks in the exam.



# Qualities of Self-confident People

## **Self-belief**

Thomas Edison made thousands of prototypes of the incandescent light bulb, before he could finally invent the bulb. In spite of struggling with repeated failures, his resilience and belief in self gave the world one of the most amazing products, i.e., bulb.

## **Hard Work**

Dipa Karmakar, despite having a flat foot at the age of six worked hard to become the first Indian female gymnast ever to compete in the Olympics.

## **Positive Attitude**

Positive attitude is nothing but focusing on the positives even in the time of adversity. For example, the situation of losing a game can be perceived as losing something or as an opportunity to review the game strategies and improve to win in the future.

## **Commitment**

Mahatma Gandhi, the leader of Indian Independence Movement, was highly committed to the cause of making India free from the British Raj. He employed non-violent civil disobedience to get India independence.

# Building Self-Confidence

The three steps to building self-confidence are as follows:



**Step 1: Appreciate achievements & accept failures**

For example, celebrate the achievements when the team wins a competition. Articulate learning when the team loses a competition.



**Step 2: Have a goal and take steps towards it**

For example, if you have won bronze at an event, set the goal to win gold medal next time and take action for it.



**Step 3: Always look at the good side and be happy**

For example if you have lost a match, celebrate the efforts of those team members who performed well. Talk to people who are confident and try to gain.



# Factors Affecting Self-confidence

Some of the factors that adversely affect our self-confidence include the following:

- ❑ When **we think we cannot** do a particular work.
- ❑ When **we keep thinking of our past mistakes** and feel bad about it, instead of learning from them.
- ❑ When **we expect to be successful at the first attempt** itself and do not try again.
- ❑ When **we are surrounded by people who have a negative attitude**, which is reflected in their speech.

# Summary

In this session, you have learnt about the meaning of self-confidence and the qualities of self-confident people. You have also learnt about ways in which you can build your self-confidence and factors that influence self-confidence.

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