

## **SELF-CONFIDENCE**

### **What confident people do right**

Self-confidence means knowing and being able to talk about your strengths and weaknesses. This is a major advantage in your career: confident people present themselves well in interviews and negotiate promotions or salaries with ease. But not everyone starts with the same level of self-confidence. In fact, routine and experience often reduce our self-awareness – a common challenge for seasoned professionals. The good news: self-confidence is a skill. And like any skill, it can be learned.

### **Self-confidence can be built**

Confident people often share their experiences naturally – especially in the form of stories. That's where storytelling comes in: it helps structure and articulate your achievements. Career assessments support this process. One of the biggest obstacles is the belief, "I'm just not confident." But those who doubt themselves often have strong self-awareness – the perfect foundation for growth. And that's something even naturally confident people need to work on: without self-reflection, their development may stall.