

Six ways to **BE MORE CONFIDENT**

Start small

Start with an instant mix cake, then a triple layer mousse cake, and then your friend's wedding cake. Build confidence by practising and pushing yourself a little bit every time.

Learn how it's done

Use LinkedIn Learning or Youtube to learn how to do those advanced Excel formulas before you try to do it yourself. Speak to an Excel wizz and ask them for additional tips.

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Reflect

Look back over the last three years and list all the things that you are proud to have achieved, relationships you've built, impact you've had on others, and goals you realised. You'll be amazed at how far you've come.

Give compliments

When you acknowledge the achievements of others, you'll notice them in yourself too.

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Celebrate

The first time you spoke up in a meeting there might only have been three other people, but you still did it! Celebrate your achievements, no matter how small. Remember that great feeling when you want to speak up in a bigger meeting.

Play to your strengths

Do more of the things you are good at and enjoy. Maybe you're not the best swimmer but your watercolour paintings are excellent, so spend more time painting than swimming.