

7 tools for a winning confidence

To have a winning confidence isn't just about having faith in your own ability to perform on the highest level. To have a winning confidence is a valuable asset both in your worklife and in your private life. Here's **7 tools** you can use to boost your confidence, so you can reach more success both on and off work!

Knowledge

Great confidence is achieved by having knowledge and experience of the subject matter you're talking about. That's why it's important to read up on your talking points and prepare yourself. Find information about the subject in books, podcasts, newsletters and networks where other experts share their knowledge. With your increased knowledge about the subject, your confidence will come naturally.

Mistakes

No human is perfect, even if you might think it's true. Work on being proud over who you are and focus on your strengths. To be "good enough" is actually really good and not a negative! To always aim for perfection will make you doubt yourself. Allow yourself to make mistakes and think of it as being part of your development as a person. With development of yourself, you'll grow your confidence.

Smart goals

It might be a classic but it still holds true! Don't create unreasonable or unattainable goals for yourself that you can never meet. Instead, divide the bigger task into smaller, more attainable ones, that you can achieve easier. By achieving your smaller goals one by one you'll feel more confident. Don't forget to reward yourself when you achieve your results!

Acting

Think of a person that radiates confidence. How would that person act in different social situations?

How would you act, talk and perform if you had the same confidence? By thinking through these questions and answering them, you'll be able to lay the foundation to developing your own method of "acting" in social circumstances. Practice makes perfect, so even if you might feel about uneasy at the start, keep doing it! Sooner or later you'll feel more comfortable in your new "role"!

Posture and voice

Studies show that if you have a good posture and a strong voice you'll come across as having more confidence to other people. Stand up tall and take the room! If you speak slowly it also gives you a more confident look. Think about what you say before you say it, then your audience will be easier to captivate.

Positive thoughts

Do you ever recognize yourself thinking thoughts such as "Why didn't I do it this way?" or "I'll never succeed with this task"? It's not unusual to think negative thoughts. Try turning negative thoughts into positive ones instead, think "Now I'm going to do my best" or "It'll be fun trying it out" instead!

When you have a positive mindset it'll bring in more positive thinking, which will give you better confidence over time. So you have everything to gain from breaking the negative spiral!

Challenges

Dare to challenge yourself! Say yes to things you'd normally wouldn't do. Step out of your comfort zone and try new challenges, it will boost your confidence. If you face your fears head on and take on your challenges, your fears will slowly disappear. You'll grow as a person and feel unstoppable.