

# Communicating with Confidence

## Feeling Confident

- Think about your strengths, passions, and successes
- Journal about positive feedback you receive and positive thoughts about yourself
- Be prepared when you enter a space—research employers, do your HW, practice your presentation
- Pump yourself up with music
- Get up a few minutes early to ensure you are ready for the day

## Speaking with Confidence

- Create an elevator pitch
- Slow down—do not rush through your words
- Try to avoid over-apologizing
- Avoid speaking negatively about yourself
- Compliment others
- Allow for silence during conversation

## Acting with Confidence

- Sit and stand up straight
- Make eye contact
- Give a firm handshake
- Introduce yourself immediately, do not give time to overanalyze the situation
- Take deep breaths
- Try out some Power Poses in a mirror

## Fake it Until You Make It

- Practice, Practice, Practice
- Ask yourself what a confident person would do in the situation. Then do it
- If your friend were in this situation, what advice would you give them?
- Practice making assertive decisions
- Speak up for yourself
- Wear what makes you feel good