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INTRODUCTION

- Self Confidence is the mental state of feeling good about oneself.
- It is the concept which differs from person to person and from time to time.
- There is no scale which can measure self confidence.



DEFINITION

The Self Confidence can be termed as knowledge that you can do something and do it well. It denotes skill of applying knowledge to a particular situation or task.

TYPES OF SELF CONFIDENCE

Self confidence is popularly being characterized into low and high self confidence. But the new and innovative thinking in management has yielded three types of self confidence.

**TYPES OF
SELF
CONFIDENCE**

LOW SELF CONFIDENCE

OPTIMAL SELF CONFIDENCE

OVER SELF CONFIDENCE

A silhouette of a person standing on a large rock with their arms raised in a 'V' shape, set against a sunset sky. The person is positioned in the upper center of the frame. The rock they are standing on is dark and occupies the lower half of the image. The sky transitions from a light purple at the top to a bright orange near the horizon. The text 'HOW TO BUILD SELF-CONFIDENCE' is overlaid on the image, with 'HOW TO' in red and 'BUILD SELF-CONFIDENCE' in white.

HOW TO
BUILD
SELF-CONFIDENCE

MEASURES TO IMPROVE SELF CONFIDENCE

THE SELF CONFIDENCE IS AN IMPORTANT TOOL WHICH EVERYONE WISHES TO POSSESS. GAINING SELF CONFIDENCE IS A CONTINUOUS ACTIVITY.

THE LEVEL OF SELF CONFIDENCE IS NOTHING BUT THE FREQUENCY OF PRACTICE OF FOLLOWING MEASURES WHICH AN INDIVIDUAL POSES.

1. THINKING
2. SMILE
3. LEARN FROM PAST
4. GROOM YOURSELF
5. DRESSING
6. POSITIVE THINKING
7. KILL NEGATIVE THOUGHT
8. BE IN CHARGE
9. FOCUS ON SOLUTION
10. KNOW YOUR PRICIPLES AND LIVE THEM

11. GET TO KNOW YOURSELF
12. SPEAK SLOWLY GOAL SETTING AND ACHIEVEMENT
13. CHANGE SMALL HABITS
14. INCREASE COMPETENCE
15. EXERCISE AND MEDITATION
16. EVALUATION
17. COUNT ON YOUR BLESSING
18. BE APPRECIATIVE
19. ACCEPT RESPONSIBILITY

CONSEQUENCES OF LOW SELF CONFIDENCE

1. NEGATIVE FEELINGS
2. LACK OF MOTIVATION
3. INTERACTION PROBLEM
4. COMFORT ZONE
5. LOW LEVEL OF FLEXIBILITY
6. LACK OF SELF CARE

THANK YOU !!!

