

A Review on Self-Confidence and How to Improve It

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ABSTRACT: *Self confidence is one of the most important traits a person can possess, and it is something we all strive to achieve. In fact, if you ask anyone who has achieved great success in their life what they think are the key ingredients to being successful, they will tell you “Self-confidence”. There are many different types of self confidence but here I am going to focus on the kind that comes from within yourself as opposed to the kind that comes from outside sources like others’ opinions or even your own past experiences.*

KEY WORDS: Personality, confidence, self-confidence, attitude, goals

INTRODUCTION

Self confidence is the ability to believe in yourself and your abilities. It also means that you can accept your mistakes, failures, and shortcomings without being afraid of them. Self confidence enables you to take risks and try new things, which leads to success.

It’s a feeling of security about yourself or your abilities as well as an acceptance of negative feelings such as fear, anxiety or insecurity towards certain situations or people. It can be developed by doing activities that make you feel good about yourself like exercising, reading books with positive messages etc. You should develop a positive attitude towards life.

People sometimes confuse confidence with arrogance. The arrogant person is usually actually an insecure person, and their arrogance is a way to hide their insecurities. Where an arrogant person is boastful, a confident person has no need to boast - they know that their achievements speak for themselves. Where an arrogant person will have trouble admitting they were wrong, a confident person is perfectly willing to admit when they are wrong - they know that the admission doesn’t diminish their value or their abilities. If an arrogant person tends to focus on looking good or appearing to be the best, a confident person focuses on being the best and doing the best.

Self esteem is the way you feel about yourself. It’s how you see yourself and what you think of your abilities, skills, and talents. Self esteem can be developed through positive experiences in life, such as being praised by others or receiving compliments from family members. It can also be developed through good habits like exercising regularly or eating healthy foods.

Low self-esteem is a feeling of worthlessness and lack of confidence. It may be caused by past experiences; such as being bullied or rejected by others. Low self-esteem can also stem from problems in the present: you may have low self-esteem because you're struggling to cope with an illness, for example, or because you've recently been through a divorce.

At times, we need to gain self-belief at work, when we report for an interview, or even when we want to face our bosses for a salary review. If you really want self-confidence, then there are various tips that can boost it and ensure you believe in your capabilities.

REVIEW ON IPS TO IMPROVE SELF-CONFIDENCE

Dress up

The first tip you can always turn to is proper dressing where you should pay attention to your outfit so you can carry yourself confidently. It will also be easier when interacting with others since you will not have to worry about your looks or how you smell. In this regard, you would not need new clothes or a complete makeover of your wardrobe to look presentable.

Step up the pace

The next tip is stepping up the pace. In this case, one should watch how their colleagues are walking and what the walking style might portend or communicate. One of the questions to ask is, 'Do they walk slowly or quickly while their heads are up or down?' or 'Do they have a smile on their faces?' These pointers will help improve one's confidence and flow your energy the rest of your day. So, how you walk should be confident enough so that other people can respect you.

Watch your posture

Posture is another tip that gives someone self-confidence. Ideally, how you carry your body suggests more about how you feel about yourself. If you sprawl your shoulders and become fidgety, then that is a sign that you are not confident with yourself. So, standing or sitting upright while having your head up all the time and your shoulders back would be ideal. It would help if you also kept an unwavering eye contact with the other party in a friendly manner, as this helps you to be more confident and commanding in what you do.

Personal advertisement

The next tip is personal advertisement, and this will guide you to carry yourself after suffering a bad day in office. To explain this, you might be dejected after making a slip-up on a huge presentation where your employer is not pleased with what you did in front of your audience. In this case, you might distance yourself from others. So, to boost yourself out of this mess, you can address yourself in a mirror assuredly while facing the mirror or even have a small silent meeting at your desk. This will remind you

that you are still versatile and proud despite the mistake. Through personal advertisement, you will get back to your winning ways and get an instant energy boost.

Practice gratitude

Practice gratitude is another instrumental step. Usually, whenever we focus on what we do not have, we will feel dejected. Instead, we should emphasize our energies on what will make us proud of what we have. Making a comparison and having that feeling that you have achieved more as compared to others is an excellent way of practicing gratitude. Instead, one should note down the items which they should count as their blessings and be thankful for in life and set goals to achieve what they do not have. Building your relationship with the people you love, enhancing professional achievements, attaining career goals, or even having better health will have to be listed and prioritized.

Pay people compliments

Paying people compliments is another pertinent tip. Usually, we might be tempted to talk about others negatively. This happens mostly when we feel jealous. We might be tempted to use offensive words which can hurt others. It is recommended that we should always pick the positives and focus our energies on them. In line with this, giving positive compliments and engaging in constructive talk is good. This will help you be focused and optimistic. It will also boost your self-confidence.

Sit up front

You should also sit up front. Back in school, we were tempted to be backbenchers. This is attributed to a lack of confidence. Instead, to boost one's self-confidence, we must sit up front. This means that we should take the front row. You should be confident and do it over and over, which will explain why you should feel comfortable while picking the front spot. Again, you will notice how important you have put yourself before others in your institution.

Speak up

It would help if you also spoke up. Usually, people may be worried when they speak up in meetings or even during group discussions. They might fear being judged concerning their look or even their speech. This feeling comes from our minds because we always feel awkward while addressing something in front of others. To improve on public speaking skills, one should make it a game. Anytime there is a meeting, at least give a small speech that will help you gain public confidence, enabling you to share your opinions and ideas. Leadership skills will be seen the more you participate in sharing thoughts, particularly in such meetings or discussion groups.

Exercise

Exercise is another way that helps someone get self-confidence. Having a nature walk or even gym time refreshes a lot. These will help you feel better and more confident in pursuing your goals. Some of the exercises that one can do include hiking, bike riding and going to the gym, as they will help boost physical fitness. Focusing on contributing is another tip. In this regard, the more you contribute positively to your workplace rather than receiving compliments or help, then you will be confident. This also entails focusing on helping others attain their goals.

Focus on contributing

The other important tip is building self-esteem at work. This can be termed a vital barrier that keeps away negative emotions and mental health conditions such as depression that may lower one's confidence towards achieving something. Research has proved that the more roles that people play in their lives, the more they boost their self-esteem.

Building self-esteem at work

In today's modern workplace, many challenges make self-esteem hard to maintain. Some of them are; the fast pace of work which leads to competition, demands that the employers have on the workers, working longer hours, and facing cultural differences. These would team up to lower one's self-esteem. This is because they might feel they cannot do enough to attain their set productivity.

Competition is another challenge in the workplace where workers underrate themselves by feeling that they haven't contributed anything.

Pursue your passions

Another tip would entail pursuing your passions. Ideally, following what you are passionate about every day when you are free from work is very important. It might be reading your favorite novel, researching your holiday travels, watching your favorite film, or even doing garden work like planting flowers or vegetables (Upadhyay et al., 2020). You can also spend that leisure time looking for artistic creations that will make you happier. It can be from your gallery.

The more you do something new in your workplace; you will learn many other ideas that would be helpful to you in what you are doing.

Track your efforts

It's tracking your efforts is another way to give you the confidence to accomplish your goals. Though we tend to forget what we have achieved in the previous periods, we must write them down whenever we attain a hundred percent. At the end of each period, you will be so proud of yourself, and this will encourage you to put more effort whenever you track your work.

Self-esteem bulletin board

A self-esteem bulletin board is another factor that helps someone have confidence in what they are doing. This is an idea where one creates bullets on a board or poster about their accomplishments. These would act as a reminder whenever the person works to accomplish something. Despite anything, one should always find something that would make one proud of attaining their goals. This will boost their self confidence and push them to work even harder.

Stop the negative talk

Stopping negative talk is a crucial step in boosting self-confidence. Even though talking ill about others is a common practice among humans, it is usually vital for us to cease from this.

When we can control that urge of negative talk, we will be productive and only focus on positive critique, which can improve other people's lives rather than destroying them. Thus, we should always concentrate on what can make our situation even better. Besides, we should always be positive instead of focusing our energies on what will destroy us instead. In an event when we focus on trivial negativities, our self-esteem would take a beating.

Enhancing your self-efficacy

The last one is enhancing self-efficacy. When we succeed in nurturing our self-efficacy, the chances are high that we will be effective and have better self-confidence or self-belief.

Researchers have pointed out four primary ways of upgrading self-efficacy: modeling, skills mastery, reinterpretation of symptoms, signs, and persuasion.

Modeling

First, modeling helps ensure one focuses on the goal to attain it. Through it, one is encouraged to look for someone they can look up to in the workplace, and that individual will give them a sense of direction which will be instrumental in attaining the set targets. For example, if you are looking to become an actor or a leader, you should be obliged to look for someone who will mentor you to move closer to the target. The mentor already has experience in certain aspects in line with the profession or the activity that you are looking into; thus, it will be easier to attain the set targets (Dwyer, 2019). If you can be lucky to find a mentor who will always find time to attend to your worries and questions, your self-efficacy will improve significantly.

Reinterpretation of signs and symptoms

The next way to enhance your self-efficacy would be skills mastery. This entails looking for new skills and working towards acquiring them. Through the skills that one master, it would be easier to attain goals. If the mastery of skills is done repeatedly, the

chances are high that self-efficacy would be attainable easily (Upadhyay et al., 2020). However, lack of effort would not be rewarded in this regard. As one goes ahead to master more skills in line with their line of specialization, they will be fit to conduct themselves as needed by their profession and the failures will be eliminated. If you are uncertain how you will master your skills, you will need to focus on breaking tasks into manageable ones and creating time to handle those tasks effectively.

You can start with the easiest ones; this will boost your self-efficacy and make you more confident. This is easier to attain, unlike when you are focusing on junks of tasks at a go.

The other way is reinterpreting symptoms and signs. This can be related to a healthcare setting as one has to determine which signs and symptoms the patient exhibits. When building on your self-efficacy, you need to determine the signs and symptoms you are giving yourself. When you are having a negative reaction, such as anger, it is always crucial to acknowledge it and work towards dealing with the feeling. This means that it does not have to be a source of frustrations or discouragements in your life; instead, you will have to get the job done.

Persuasion

The last way of enhancing your self-efficacy is persuasion, whereby someone else convinces the other that they are up to the task and should go on with their jobs. This way, the person being persuaded will work extra hard to meet their goals. However, it does not usually have to come from a third party as one can even convince themselves internally to attain their goals. This is whereby one reminds themselves of their capabilities and set goals that will be instrumental in achieving self-efficacy. By doing so, it would be easier to attain set goals.

CONCLUSION

In conclusion, there are many ways to boost your confidence and self esteem. One of the most effective is by learning how to use positive affirmations. Affirmations are statements that you tell yourself repeatedly until they become a part of who you are. They can be written on paper, spoken out loud or even whispered in your mind, but the key is to always keep them with you so that they become a part of your daily routine. Boosting someone's self esteem will lead to major changes and help them be on top. The feeling of high self esteem and confidence will lead to success and achieving goals easier.

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