

## Want to increase your confidence levels? Want to recognise your skills and potential?

### Want to unlock new opportunities?

What is self-confidence? When we say we have confidence in someone it means we can trust them. Having self-confidence means being able to trust yourself and rely on yourself because you know yourself. It is having a good idea of who you are and what you can achieve – in short, believing in yourself.

We all need to know our limits and recognize our strengths and weaknesses without feeling ashamed or guilty. We need to accept our limitations without feeling we have to apologise for them. Often we lack self-confidence because we don't want to risk being thought badly of. If you can learn to value yourself it will give you the confidence you need to cope with different situations as they occur without worrying about what will happen or what other people think of you.

This sounds easier than it is and you may need to get some help before you can take the next step into work, training or education.

#### Recognise ...

... That you are not alone. Most people lack confidence at some time in their lives. Unfamiliar situations can make us feel unsure of ourselves.

#### Remember ...

...that some situations, skills and job roles will be unfamiliar and you will not be expected to know everything at the start.

#### Getting Help

Help is out there! Overleaf are some courses and organisations aimed at increasing confidence and building self esteem.

<b>Dorset Rural Skills</b>	<b>01747 811099</b>
Building confidence through art & craft courses including sculpting with willow, pottery and art workshops.	
<b>Learning Champions</b>	<b>01202 847609</b>
Courses to develop confidence, listening, awareness and presentation skills.	
<b>Poole Adult Learning</b>	<b>01202 262305</b>
Free 8 week courses including confidence building, interview skills, presentation and CV.	
<b>Bournemouth Adult Learning</b>	<b>01202 451950</b>
Confidence building workshops, self-esteem workshops and life coaching.	
<b>Gillingham Adult Education Centre</b>	<b>01747 824516</b>
Be Clear, Be cool and Confident - 1 day courses.	
<b>Parents and Children Together (PACT)</b>	<b>07831 620415</b>
Two hour confidence boost workshop, STEPS to Excellence and parenting courses www.pact-dorset.org.uk or email mandy@pact-dorset.org.uk	
<b>Women's Wisdom</b>	<b>0800 781 8597</b>
Women's wisdom are a Dorset network for women to train and support women to work for themselves through a unique blend of personal development workshops. www.womenswisdom.co.uk	

Other sources can be found at: [www.bbc.co.uk/health/confidence](http://www.bbc.co.uk/health/confidence) and [www.selfesteem4women.com](http://www.selfesteem4women.com)

**BEST Training & NextStep provides information and advice on work and learning to adults 20+ across Bournemouth, Dorset and Poole.**

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