

YOU CAN, YOU WILL

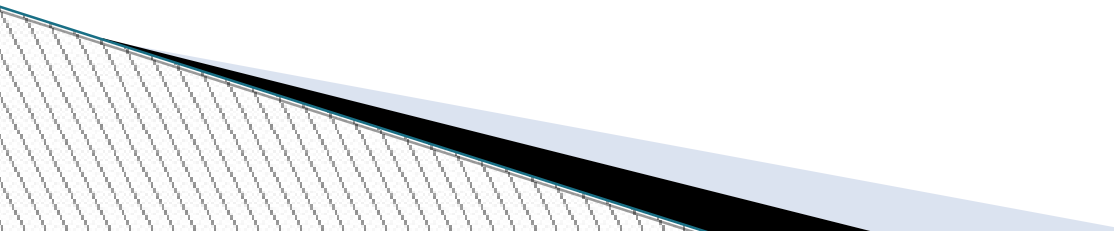
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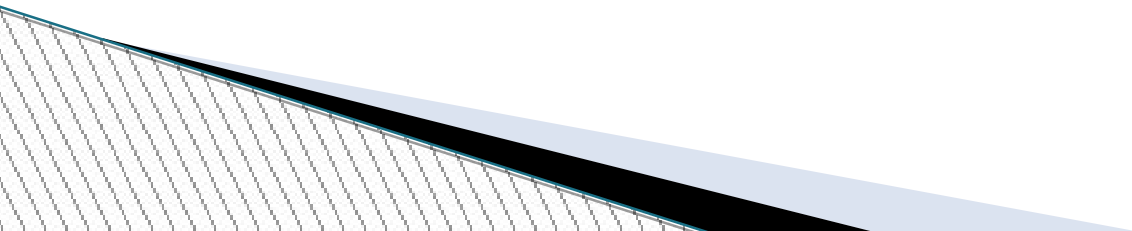
WHAT IS CONFIDENCE?

- ▶ IT IS NOT SOMETHING THAT CAN BE LEARNED OR SET BY RULES.
- ▶ IT IS ACCEPTANCE OF YOURSELF AND YOUR FEELING OF WELL-BEING.

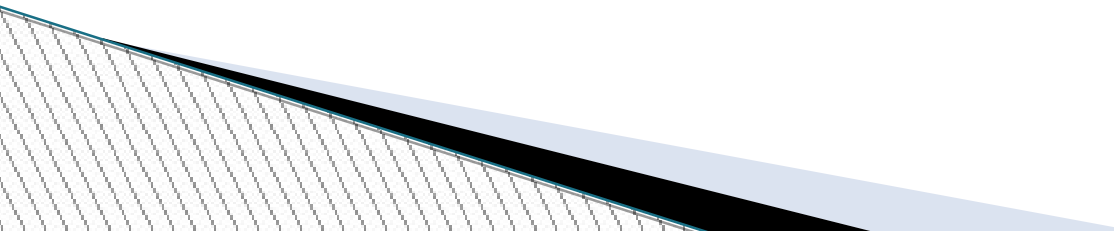
IT IS BELIEF IN YOUR OWN ABILITIES, SKILLS, AND EXPERIENCE.



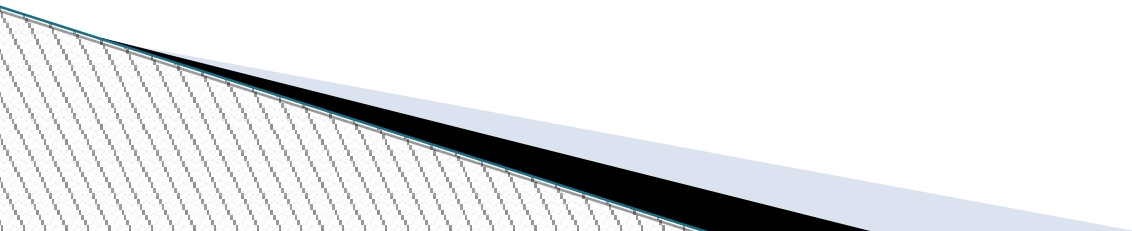
WHY CONFIDENCE MATTERS?

- ▶ LOW SELF-ESTEEM
 - ▶ FEAR OF UNKNOWNNS AND CRITICISM
 - ▶ UNPREPAREDNESS
 - ▶ LACK OF KNOWLEDGE
 - ▶ CARRYING PREVIOUS FAILURES
 - ▶ BLAME AND VICTIMIZATION SYNDROME.
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HOW TO IMPROVE YOUR CONFIDENCE?

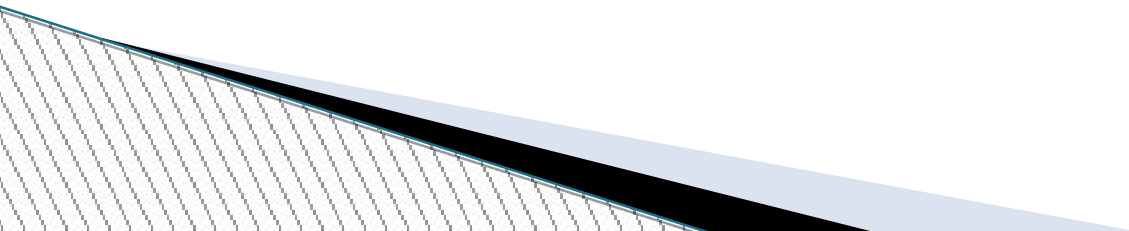
- ▶ POSITIVE THINKING AND PRACTICE
 - ▶ KNOWLEDGE
 - ▶ TALKING TO OTHER PEOPLE
- 

POSITIVE THINKING...

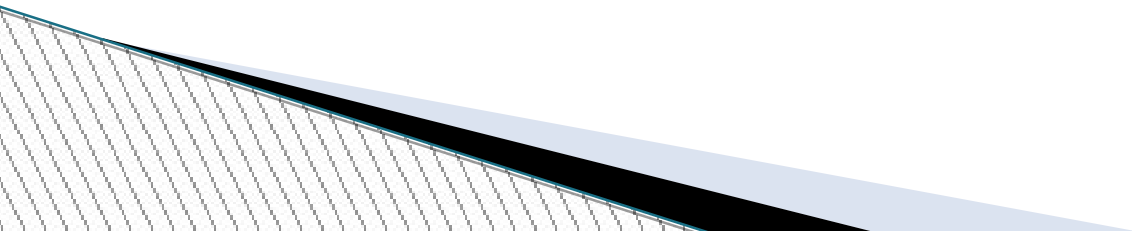
- ▶ KNOW YOUR STRENGTHS
 - ▶ MAKE MISTAKES, BUT LEARN FROM THEM.
 - ▶ ACCEPT COMPLIMENTS AND COMPLIMENT YOURSELF.
 - ▶ USE OBJECTIVE CRITICISM AS LEARNING EXPERIENCE.
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KNOWLDEGE...

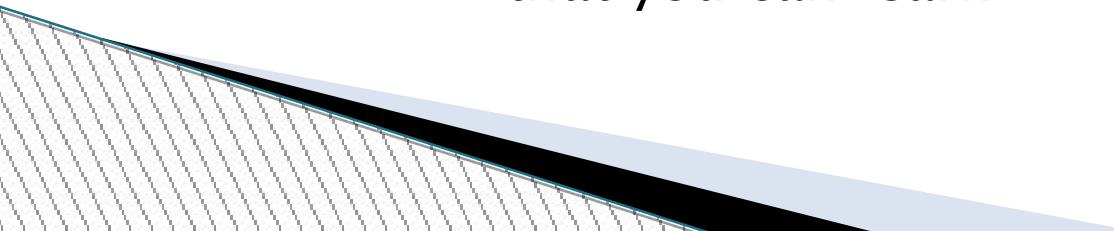
- ▶ KNOWLEDGE IS POWER.
- ▶ IT LEADS TO ENLIGHTMENT.
- ▶ IT IS CONTAGIOUS.



TALK TO OTHER PEOPLE...

- ▶ CONFIDENCE IS CONTAGIOUS
 - ▶ LEARN FROM OTHER PEOPLE
 - ▶ SHARE YOUR EXPERIENCE
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Conclusion & TAKE AWAY....

- ▶ The most important factor in developing confidence is planning and preparing for the unknown.
 - ▶ Show an interest in what others are doing, give others credit for their work and ask questions and get involved.
 - ▶ Be assertive. This means standing up for what you believe in and sticking to your principles.
 - ▶ Avoid arrogance. Arrogance is detrimental to interpersonal relationships. Remember nobody is perfect, and there is always more that you can learn.
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***REMEMBER THAT NOTHING
CAN BE DONE WITHOUT
HOPE AND CONFIDENCE...***

THANK YOU...

