

# SELF BELIEF



# SELF BELIEF SKILLS



How will they  
help you in life?



# Self belief is... the power of you



Confidence

Motivation

Getting up when  
life knocks you  
down





# By the end of this video you will...



See why  
teamwork is  
important

Learn some  
great ways to  
work on your  
self belief

Learn how to boost  
your confidence in  
study, work and life


# What 3 things boost self belief?



- 1 Try new things with **MOTIVATION**
- 2 Learn from mistakes with **RESILIENCE**
- 3 See everything as a chance to grow with **POSITIVITY**



# Why is self belief important?



Employers love to know you can stay positive...

and try your hardest, even when it's tough...

and be keen to grow and enjoy what you do.

# Staying strong with RESILIENCE



**CAN YOU LEARN  
FROM PAST  
MISTAKES?**

**CAN YOU KEEP GOING  
WITHOUT GIVING UP?**

It's how we learn  
from them that  
counts.



# RESILIENCE at work



Coping well with problems shows your boss they can rely on you.

Never take  
problems  
personally



Think how you  
can learn from  
past problems or  
mistakes

Sometimes things  
don't always go to  
plan. Stay strong!




# What is a POSITIVE ATTITUDE?



Do you try to look on  
the bright side?

Do you try to stay  
strong when others feel  
like giving up?



A positive  
attitude helps you  
deal with life's  
problems

# A POSITIVE ATTITUDE at work



- 1 There's a lot to learn in a new job. And that's OK.
- 2 Staying positive helps you learn without getting anxious.
- 3 It can help you approach problems without fear.
- 4 Positivity helps you lift people's spirits in tough times.

# Self belief, homework and exams




Got some revision or homework? Do some research...

Take a break...

Come back to the problem and try again



# Self belief and starting new projects



List everything  
you're going to  
enjoy about this  
new project

Make it your  
passion, not just  
something you're  
forced to do

Find time to not  
just do the work  
but impress  
yourself

# Self belief and facing challenges



Write the challenge down

List ways you can overcome the challenge and keep going

Now you're prepared. You can get motivated and stay positive!

# Self believe at work




People with self belief get on with their work...

Enjoy trying new things... and are happy to learn from past mistakes.

Does that person sound like you?

# Self belief and mistakes



Accept that  
mistakes happen.  
Even at work.  
It's OK.

Employers want  
you to move  
forward and learn  
from mistakes.

Feedback and  
reports are useful.  
They're clues on  
how to grow.

# Did you know?



**People with confidence  
help others grow, too.**

**When you motivate  
yourself, you live a better  
life.**

**You can inspire  
others. And they  
can inspire you!**





