



**Career
Essentials:
*Foundations***



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Personal Skills: Professionalism

- Essential Questions
 - What is self-confidence?
 - Why is it important to have self-confidence?
 - What are external characteristics of self-confidence (what does self-confidence look like)?
 - What is my current level of self-confidence?
 - How can I develop self-confidence for the workplace?

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Personal Skills: Professionalism

- Students will understand...
 - Self-confident individuals trust their own abilities, have a sense of control of their lives, and believe they will be able to do what they wish, plan and expect.
 - Self-confident individuals have expectations that are realistic. Even if those are not met, they continue to be positive.
 - Individuals who lack self-confidence find it difficult to be successful.
 - Self-confidence gains the attention of others so that an individual's talents and skills have the chance to shine.



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Personal Skills: Professionalism

- Students will know...
 - Characteristics of self-confidence
 - How to exhibit self-confidence in the classroom and workplace
 - How to build and improve self-confidence



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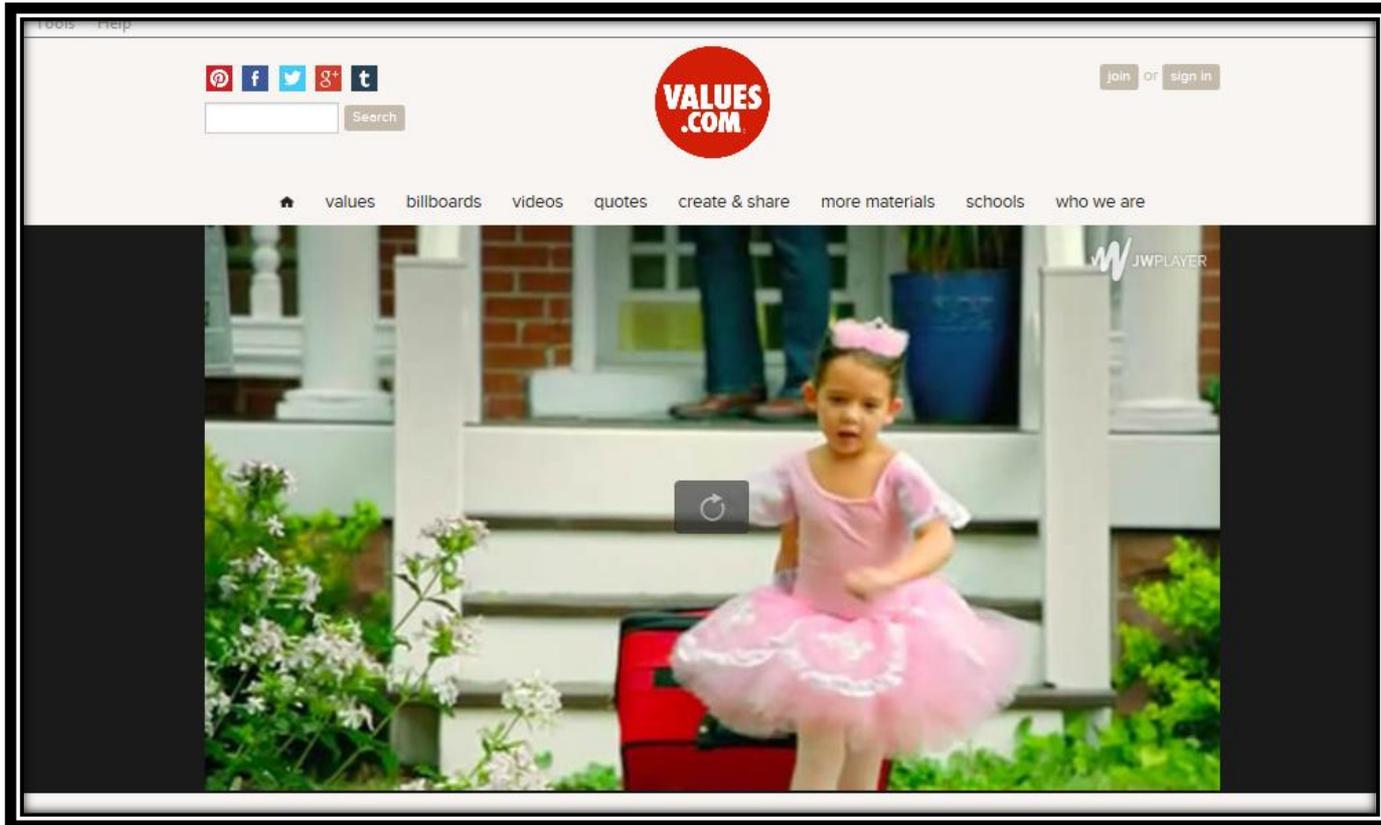
Personal Skills: Professionalism

- Students will be able to...
 - List five characteristics of a self-confident person
 - Evaluate their own self-confidence level
 - Describe three ways to improve self-confidence and set a SMART goal for his or herself



Describe a person who
exhibits self-confidence.

Personal Skills: Professionalism



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Objectives:

- List five characteristics of a self-confident person.
- Evaluate your own self-confidence level.
- Describe three ways to improve self-confidence and set a SMART goal for yourself.

Personal Skills: Professionalism



Self-confidence

The quality or state of being certain in oneself and in one's powers and abilities.



10 Personality Traits of a Confident Person

1. Self-Assured
2. Ambitious
3. Sociable
4. Competitive
5. Risk Taking
6. Hard Working
7. Determined
8. Accepting
9. Shrewd
10. Positive



Quick Write

- What characteristics of self-confidence do I exhibit most?
- What characteristics should I work to improve for my self-confidence?
- Who is someone I could ask for help to improve my self-confidence?



- Self-confidence is part of being professional and it is good to be professional at school and work.
 - Confidence allows a person to represent their school or business well.
- Displaying self-confidence will help others to trust in a person's knowledge and abilities.
 - This will make the individual a more effective team player. This also might help a person get a job or position they really want such as a SkillsUSA office.
- Displaying self-confidence means a person feels good. When someone feels good, they perform well.

Building Self-Confidence

1. Dress sharp
2. Walk faster
3. Good posture
4. Personal commercial
5. Gratitude
6. Compliment other people
7. Sit in the front row
8. Speak up
9. Exercise
10. Contribute