

Confidence Building Workshop

Student Success Team

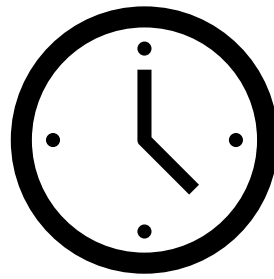
House Rules



Fire
alarm/drill



Smoking
policy



Start &
End time



Toilets



Breaks

Aims

- To understand what 'Confidence' is.
- Identify what affects your confidence, and any areas that you don't currently feel confident in.
- Build in strategies to improve your confidence.
- To leave the session with a S.M.A.R.T goal.

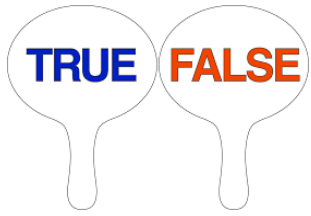
What is the definition of Confidence?

Alex Honnold

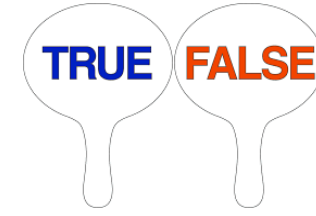


Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Trawsnewid Addysg, Trawsnewid Bywydau
Transforming Education, Transforming Lives



I feel confident...



Speaking publicly

Delivering PowerPoint presentations

During Interviews

Collaborating/ completing group work

Harvard Referencing

Writing essays

Asking a staff member or classmate
for help

With digital platforms and new
technology

Time Management

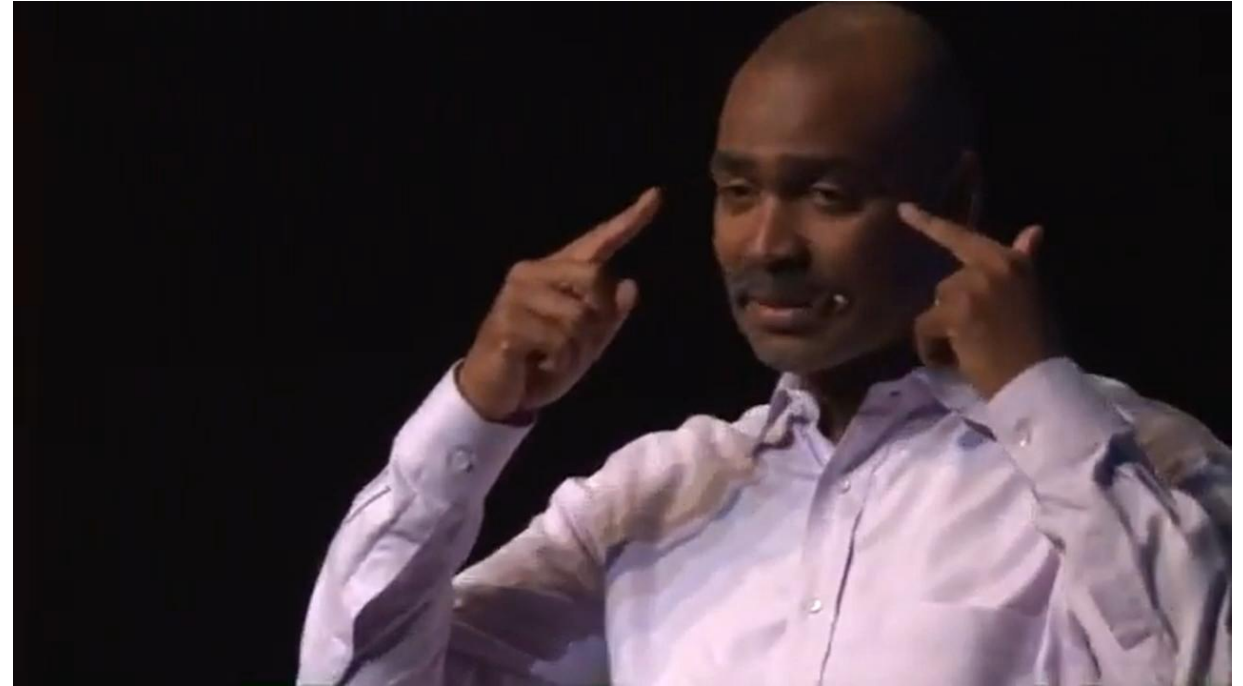


TedTalk - Self Confidence by Dr. Ivan Joseph

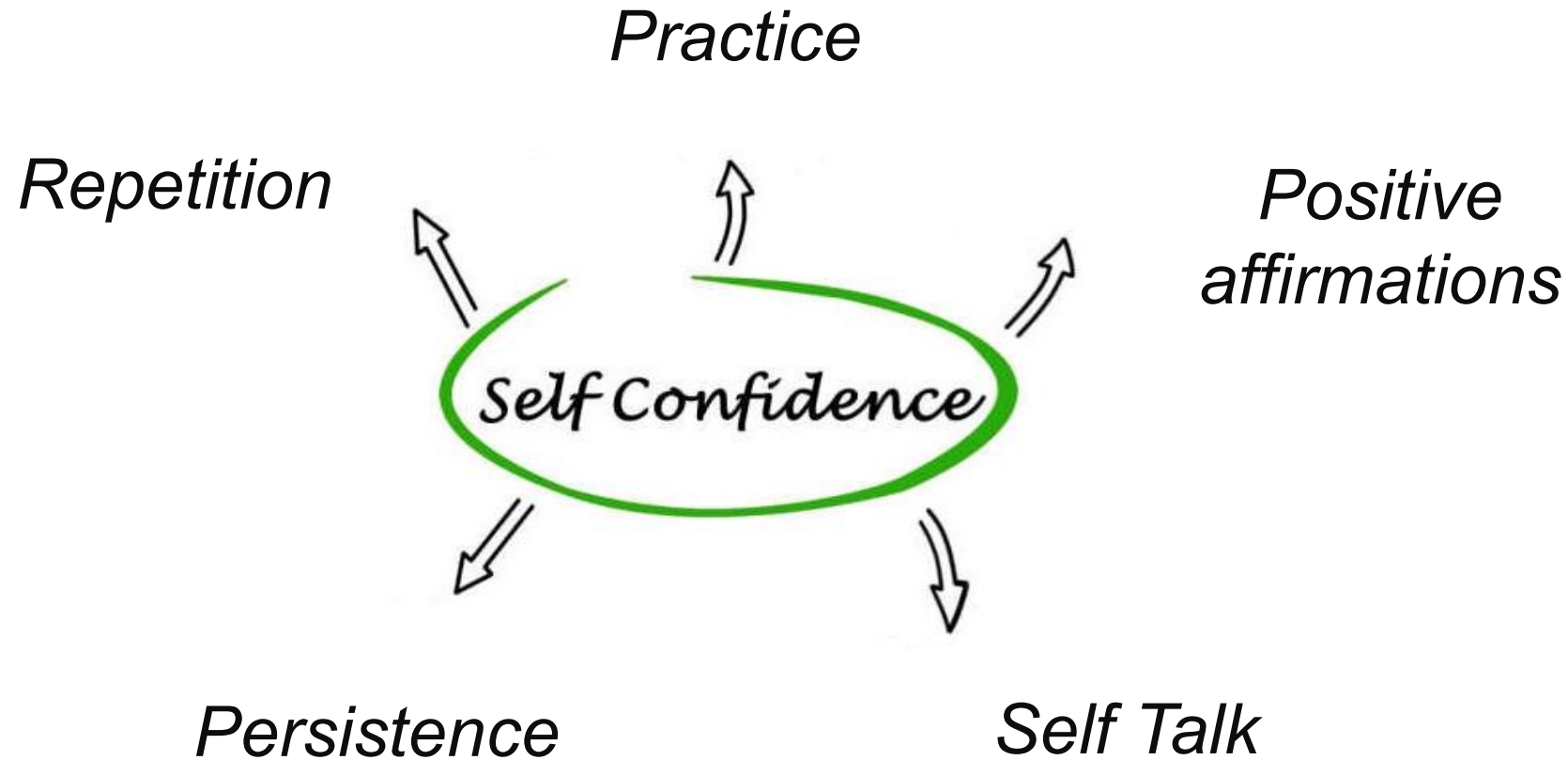
Clip 1 - Definition



Clip 2 Self-Talk



Self Confidence is...



Activity - 60 Second Sell (1)

Please divide into groups of 2.
And choose number 1 or 2.

Student number 1 will try sell a product on the spot (no prep) to student number 2.
You have around 1 minute to sell.



Product 1 – Ruler

Activity - 60 Second Sell (2)

Student number 2 will be given a product & extra details you'll have one minute to prepare before selling to student number 1. You have 1 minute to sell.



Product Name	Cedarwood Pencil
Brief Description	More than just a tool; it's the bridge between your imagination and reality. Crafted from sustainably sourced wood.
Price	£6
Key Features	Break-Resistant Core: High-density graphite that stays sharp longer. Natural Aroma: Real cedarwood scent that helps focus the mind. Non-Toxic Material: 100% safe for children and students.

Activity - 60 Second Sell (3)

Each group will sell a unique product and you will get 5 minutes to prepare. You can use your phone to research the product.

You can team up to sell your product to the group next to you.

(Each group gets around 2 minutes to sell).



Product 3 - Printer



Product 4 – Post-it



Product 5 – LED lamp

Build Self Confidence

Write down three skills, strengths, or personality traits that you believe you're good at :

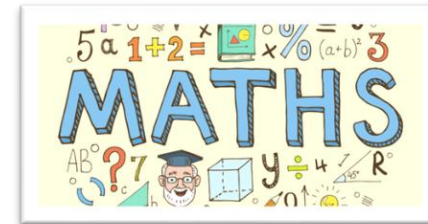
1. Writing



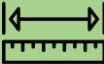
2. Making people feel at ease



3. Organised



S.M.A.R.T (Goal Setting) George T Doran

S.M.A.R.T	Core question	Example on Writing Essay
 Specific	What is my target?	Complete a 1,000-word essay. including an introduction, 3 arguments, and a conclusion.
 Measurable	How to track my progress?	At least 3 self- review cycles (E.g. Week 4, 6, 8)
 Achievable	How to implement step by step?	Dedicate 1 hour of focused writing daily, making it realistic to finish within the work schedule
 Relevant	Why should we do this?	To demonstrate a deep understanding of module which is essential for achieving a high grade.
 Timely	When will you finish?	Submit the assignment 2 days before the deadline through Moodle. Final polish completed before the submission day.

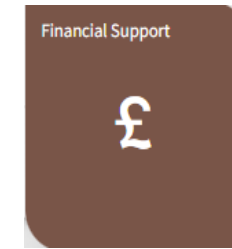
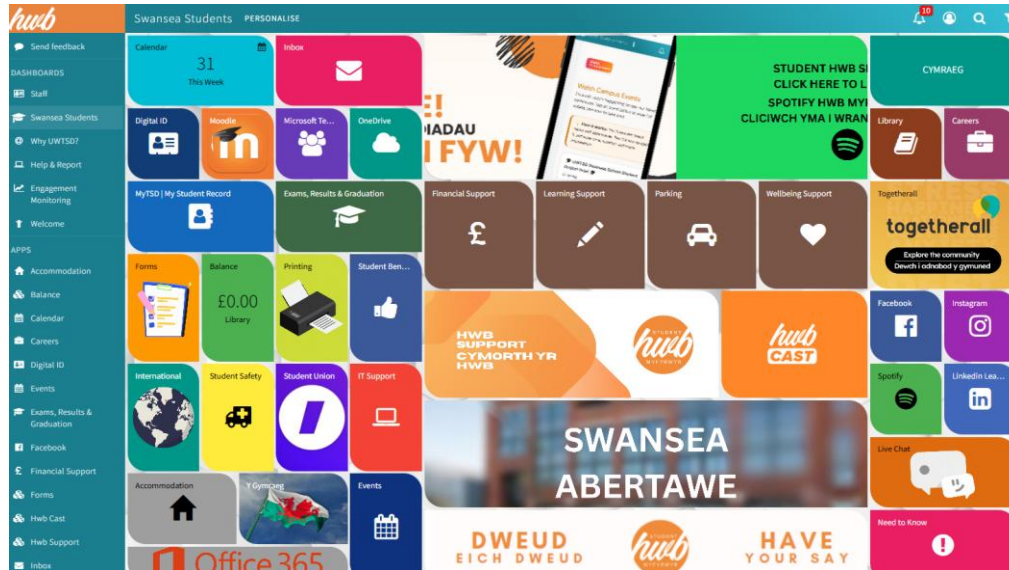
Tools to Build Self Confidence



Nicola Cross

Strengths:	SS team, resources in UWTSD (Hwb apps)
Execution:	Using SMART goals, steps by steps until success
Learning:	Learn from your teammates, feedback from lecturers
Focus:	To meet a deadline, you must eliminate distractions

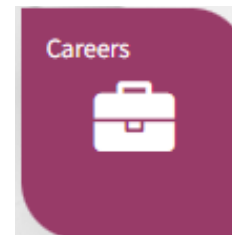
UWTSD Support



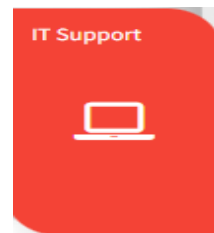
Finance Support



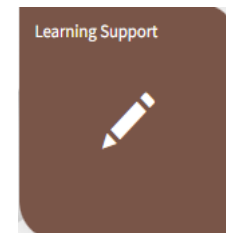
Library Support
Digital Skills support



Career development support



IT Support



Learning Support



Feedback

Student Success Team



Advice
Support
Signposting



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