

Personal Development

Confidence

Your confidence levels can suffer if you're uncertain about what's expected of you, this module encourages you to use questioning techniques to clarify the situation. We will look at ways in which you can boost and maintain your confidence levels and explore the importance of body language.

In this Module

Videoscribe explainer video, with professional audio (duration: 02:22)

English Subtitles

4 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. Identify your strengths and weaknesses.
2. Focus on the positives.
3. Challenge yourself.

