

Confidence – The difference that makes a difference

For his second feature, Steve Miller, Birmingham-based motivational expert and adviser on GMTV focuses on how to find the confidence to succeed

Have you ever wondered why some people achieve and some people don't? Why it is some people are able to find their ideal partner, move up the corporate ladder, deliver inspirational presentations and take the risks that most would dread? Look to the centre of reason and it is obvious: those people have the confidence that many can only dream of. But how do you really build confidence? What do these folks do to build such high levels of confidence and self esteem? The vast majority of people can give themselves a confidence makeover. Carry out my six-point plan and see yours inflate.

1 Realise it is down to you – this is the fundamental ground rule. It's no good thinking that others will make you confident, in fact that is impossible. No-one can make you feel anything. Sure, other people can support your confidence and be a positive role model but they can't actually make you feel confident as that is your choice.

2 Accept fallibility – it is inevitable in life that we will all make mistakes from time to time and that is ok. You never fail, you just learn. We have all had experiences where we knew we could have done so much better; that is because we are all fallible so accept this as a way of life. Remember that making mistakes doesn't make you a less worthwhile person and what's more, we all make them!

3 Bin destructing thoughts – we are always talking to ourselves. For many the self talk is so negative it leads to low self esteem and ultimately poor results in the areas of life we need it most. Cram your mind full of rational beliefs such as 'I am confident in most things that I do' or simply 'I am at ease with myself'. Simply put, you are what you think you are so change your thoughts from negative to positive.

4 Act as if you are confident – as you approach situations that make you feel anxious act as if you are confident. Make it your duty to walk tall, offer good eye contact, give your opinion and accept you have the right to be somebody. However, avoid going over the top and becoming aggressive as that is as bad as being under confident. Keep acting as if you confident

and this will become the habit you form.

5 Remember you're an equal – you are a human being and so is everyone else. No-one is more important than you and you are no more important than them. Allow this to become your philosophy in life and you will begin to notice you feel less anxious, more confident and in a better position to get what you want. That's because you will accept you are unique individual free to let out your talent.



Do you need to find a new job in 2009?

Steve Miller is author of 'Get Off Your Arse & Grab That New Job' published by Headline (£14.99)

Steve is currently appearing weekly on GMTV offering practical advice to those wishing to get a new job in 2009. Steve is also featured supporting a former Woolworth's employee who was recently made redundant. Throughout January he focuses on developing professional CVs, identifying transferable skills sets, and inspirational interview techniques.

www.stevemillertraining.com



6 Get yourself a coach – a role model or personal coach is a constructive way to get immediate support to build your confidence. A good coach will structure sessions that help boost your self belief, eliminate unwanted behaviours and set you up to inspire those around you. When choosing a personal coach select carefully. Check out their

qualifications and experience. Ask who they have worked with and what results they have achieved.

Confidence is an emotional state that can be developed. It takes effort, focus, and action but if you put the work in you will reap the benefits. But remember, it is down to you. **B**