

Summary

Module 2: Confidence

In the Confidence module, we will explore, identify, and express our key character strengths. We will learn that by recognising and celebrating what is already within ourselves, confidence naturally increases.

**YOU'RE
ALREADY
PART WAY
THERE**



We are already practicing some of our key strengths everyday, sometimes without even realising! For example, you can practice your key strength of 'curiosity' by Googling how to fix things in your home.

Try to document all the ways you can use your strengths in job seeking and work, and find ways to weave them into your resume, cover letter, interview responses, and also how you talk to employers, colleagues, and don't forget yourself! For example, 'bravery' – apply for the role, even if you don't match the full criteria. Continue to take chances! Remember stepping out of your comfort zone helps to build confidence too.