



**WELCOME TO SEMESTER 2:  
THIS SEMESTER WILL BE FOCUSED ON  
CONFIDENCE AND EDUCATION.**

# Lesson 17: From Competence to Confidence

**LEARNING OBJECTIVE:** Members will develop strategies to improve their overall confidence

After learning the content in this session, a student should:

1. Complete a self- confidence assessment
2. Know how competence builds confidence
3. Examine how self- efficacy improves leadership potential

**MATERIALS NEEDED:**

**TIME REQUIRED: 90 MINUTES**

- **The Guided Imagery Illustration**
- **Examples of Confident VS. Lack of Confidence Hand Out**

## KEY WORDS

**Self Confidence** – a feeling of trust in one’s abilities, qualities and judgments

**Leadership** - is a process of social influence, which maximizes the efforts of others towards the achievement of a goal

**Affirmation** - the act of confirming something to be true

**Guided Imagery** - is a stress management technique, where you use your imagination to picture a person, place, or time that makes you feel relaxed, peaceful and happy

**Self-efficacy** - the act of mastering skills and achieving goals that are important in a specific skill set

**Commitment** - the state or quality of being dedicated to a cause, act or pursuit

**Accelerate** - the process of moving swiftly towards an expected end



# Lesson 17: Session Outline

## 1. BUILDING SELF CONFIDENCE AND LEADERSHIP POTENTIAL

### A. Empowerment Ice Breaker (20 minutes):

#### 1. The Guided Imagery Illustration

- a. Ask the students to recall a moment when they were intimidated or nervous (i.e. giving a presentation, submitting a job application etc.) Explain the definition of Guided Imagery (it is a stress management technique, where you use your imagination to picture a person, place, or time that makes you feel relaxed, peaceful and happy)
- b. Ask the students to associate the guided imagery with their previous negative emotion and share if the outcome of that situation would have been any different. Research suggests that this technique can lower stress levels considerably and encourage them to use guided imagery as a strategy to increase self-confidence.

### B. What is self-confidence?

1. Self Confidence: a feeling of trust in one's abilities, qualities and judgments.
2. Self-confidence can be built with affirmations, consistent practice, setting and achieving goals, thereby building competence, self-efficacy and improving leadership potential. Below are the three steps that are paramount self-confidence:
  - Step 1: Assessment: Think of where you are, where you'd like to be, prepare your mind for the road to success by reading books, having a mentor and resources that provides valuable insight. Set attainable goals make a commitment to endure to the end.
  - Step 2: Begin: Identify short- and long-term goals. Be sure to get in the habit of setting, achieving, and celebrating each accomplishment. During this phase, short-term goals should be practical. This will increase your self-confidence since you will now have a history of pursuits to be delighted in. Likewise, it will give you the enthusiasm to attain your long-term endeavors. Unforeseen challenges and mistakes along the way will occur, but be sure to use them as learning experiences.
  - Step 3: Accelerate: Increase the size of your commitments, and extend the skills that you've honed to uncharted, yet similar territories. Thereby, stretching yourself and feeling proficient.

"Self-confidence is the fundamental basis from which leadership grows. Trying to teach leadership without first building confidence is like building a house on a foundation of sand. It may have a nice coat of paint, but it is ultimately shaky at best". Standing on its own merit, your confidence, competence, and character will ultimately lend itself to the leader that is within you. Remind members that the key to building self-

confidence is to continually work on improving your craft. The more you practice, the more you will improve. Show members the AIMHigh Insights video entitled "Work on your craft."

Close with Empowerment Affirmation (5 Minutes)



# Lesson 17: Class Discussion

## DISCUSSION TOPICS and STUDENT ACTIVITIES

1. To be the very best expression of yourself, it's important to know who you are and who you are not. What are some traits that best represents who you are?
2. What are you prepared to leave behind as you begin to the process of increasing self-confidence?
3. In what areas of your life, do you consider yourself to be a leader?
4. What impact did poor leadership have in a particular setting you were involved in?
5. Discuss the examples in the Confident and Behaviors Associated with Low Self Confidence Handout.

## USING MEDIA IN THE CLASSROOM

Show video AIMHigh Insights: Work on Your Craft

<https://youtu.be/-hRGHsV6ZvU>

**Place a check mark in the box that applies to you.  
 There should only be ONE checkmark in each row.**

<p>Doing what you believe to be right, even if others mock or criticize you for it.</p>	<p>Governing your behavior based on what others think.</p>
<p>Being willing to take risks and progress in the face of obstacles.</p>	<p>Staying in your comfort zone, fearing failure, therefore avoiding risks.</p>
<p>Admitting your mistakes and learning from them.</p>	<p>Attempting to cover up mistakes, hoping to fix the problem before anyone notices.</p>
<p>Allowing others to compliment you on your accomplishments.</p>	<p>Admiring your own virtues as often as possible to as many individuals as possible.</p>
<p>Accepting compliments graciously.        (i.e. Thanks, I worked very hard on that project. I'm pleased you recognized my efforts)</p>	<p>Dismissing compliments nonchalantly.        (i.e. That project had nothing to it, anyone could have done it)</p>