

CONFIDENCE..



**MS. REWA. GODBOLE.
M.A. PSYCHOLOGY (COUNSELLING).
(COUNSELLING PSYCHOLOGIST).**

CONFIDENCE

It is the knowledge that you can do something and do it well.
It is knowing your strengths and weaknesses





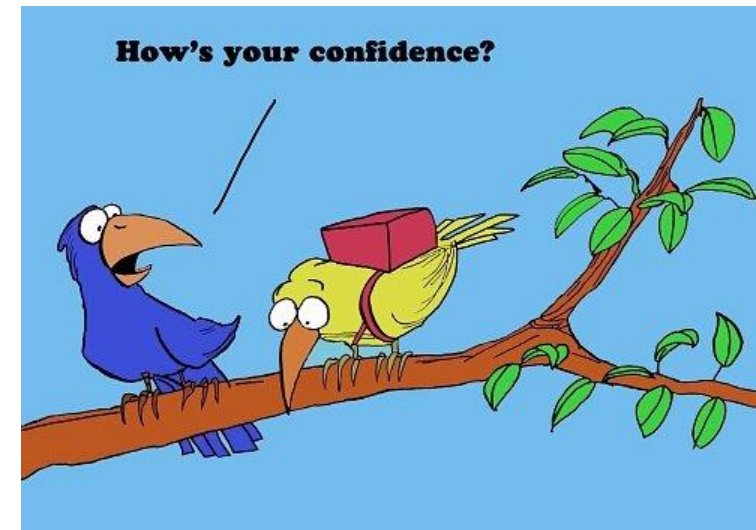
LOW CONFIDENCE

- Staying in your comfort zone.
- Fearing the failure.
- Avoidance of risky behaviours.
- Avoidance of challenges.



BALANCED CONFIDENCE

- Can tackle own problems.
- Accept mistakes.
- Accept failures as an opportunity.
- Accept challenges.



OVER CONFIDENCE..

- **Are stubborn and selfish in attitude.**
- **Over- exaggerate about qualities and achievements.**
- **Over-estimation about self.**



OVERCOME LOW CONFIDENCE

- **Self acceptance.**
- **Self analysis.**
- **Self image.**
- **Self esteem.**
- **Change in attitude.**
- **Practice.**
- **Hardwork.**
- **Goal setting.**



BOOST IS THE SECRET OF YOUR CONFIDENCE.. (CONFIDENCE BOOSTING)

- **Accept yourself as you are.**
- **Say “yes”.**
- **Start your day with a smile.**
- **Make mistakes- Accept- Correct them.**
- **Praise yourself.**
- **Think, feel and talk positive.**
- **Connect with confident people.**



THANK YOU



COUNSELLING SERVICES

Child | Adult
Parental | Marital
Family | Career

TESTING SERVICES

IQ | Aptitude
Interest | Personality

Rewa Godbole

B.A. (Psychology), M.A. (Counselling)

+91 97698 19076

18/B, Mayoor Society, MTNL Marg,
Near Portuguese Church, Dadar (w),
Mumbai- 400028, Maharashtra, India.

rewa@counsellorrewa.com

www.counsellorrewa.com