



Be confident and job ready with the key skills employers want.

What are sources of Confidence?

Think about your reasons to be confident:

- ▶ **Your achievements** (at work, school, home, or in the community, your skills, knowledge, and successes.)
- ▶ **Your qualities** (your positive values and personality traits.)
- ▶ **Your roles** (roles you have taken on that you value: parent, friend, community volunteer, neighbour, mentor...)

Work on your list over several days, adding things as you remember them. Then read it over. Does it give you a new view of yourself?



Confidence

Believing in yourself—in what you can do now, and in what you can learn to do tomorrow.

Find out how to get the skills edge by improving your Confidence skills.

Download the free Confidence workbook at upskillsforwork.ca

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