

ULearnIT Featured Resource

Establishing Self-confidence for Life

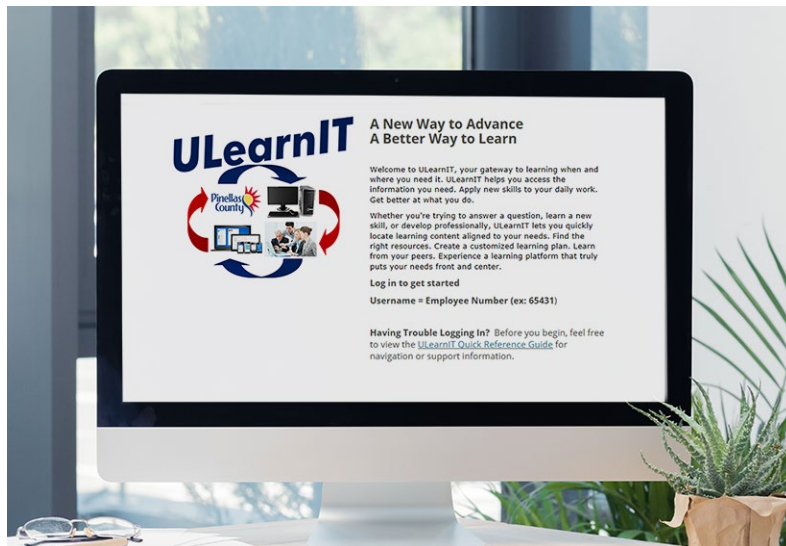
Healthy self-confidence is critical for success in your life and not just your personal life, but professional as well. When the people you interact with in daily life sense that you don't feel confident in yourself, they may not feel confident in you either.

In this course, you'll learn what's meant by 'self-confidence,' and the behavioral indicators of low and healthy self-confidence levels. You'll also learn how to perform a personal analysis of your current self-confidence levels, so you know which areas to work on. Finally, you'll discover real-world techniques you can use for building and maintaining healthy self-confidence levels.

23 minutes

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