





209 • INTRO:
 What is confidence?
208 • VIDEO:
 How to build confidence as a designer.
209 • WORKSHOP:
 How to build your self-confidence!
 • NEXT WEEK:
 What exactly to do in an interview...

What does **confidence** mean to you?

How would **you** describe a confident person? A confident designer?

CONFIDENCE in your walk

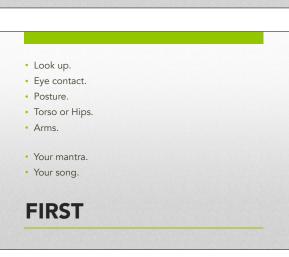
comes from
CONFIDENCE in yourself

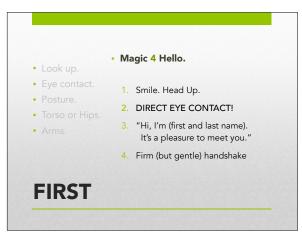
comes from
positive SELF-ESTEEM

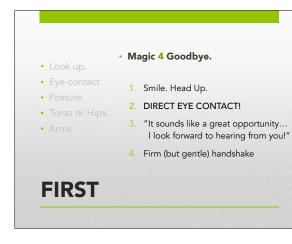
(and a little bit of faking it until it's real)

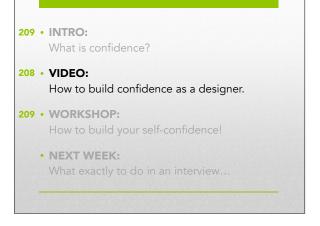
FIRST











"The myth that good design sells itself is just that - a myth.
Good solutions aren't always obvious at first glance.
Good ideas – even the best ideas –need to be sold.

A DESIGNER WHO CAN DO PRETTY
GOOD WORK AND PERSUADE THE
CLIENTING RIGHT IS WORTH MORE

- Mike Monteiro

"The myth that good design sells itself is just that - a myth. Good solutions aren't always obvious at first glance. Good ideas – even the best ideas –need to be sold.

A DESIGNER WHO CAN DO PRETTY GOOD WORK AND PERSUADE THE CLIENT IT'S RIGHT IS WORTH MORE THAN A DESIGNER WHO DOES AMAZING WORK BUT CAN'T SELL IT TO A CLIENT.

- Mike Monteiro

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Creating a compelling story from a list of recommendations is an often overlooked design skill."

- Mike Monteiro



Finding something you are good at (anchor your identity around).
Find a mentor. Emulate her/him.
Admit you don't know everything.
LISTEN.
Do not put yourself down.
Also, don't overcompensate for lack of confidence because you'll sound arrogant.
Always be learning.
PLUS ONE MORE:
Join a community of fellow designers.

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What exactly to do in an interview...

Get out a pencil/pen and paper.

WORKSHOP

1. CONFRONT YOUR FEARS

- 2. OWN YOUR STRENGTHS.
- 3. SET ATTAINABLE GOALS
- 4. HELP SOMEONE
- 5. SEPARATE YOUR WEAKNESSES
- 6. STOP COMPARING
- 7. LOOK CONFIDENT
- . 8 BREATHE

Paraphrased from "7 Psychology Tricks to Build Unstoppable Confidence" - https://www.youtube.com/watch?v=RWbX958xecC

Not getting a job? That's you talking yourself in to failure. Talk yourself into success. EVERY. DAMN. DAY.





Get into groups of 3 and discuss: • What action are you the most scared of taking when it comes to your career? Farghamed her '7 Psychology Toda to Build Unmarguella Carifolomes' - Negacificans procedure activises before 19 Psychology Toda to Build Unmarguella Carifolomes' - Negacificans procedure activisation - BRIANTSELECTA.





On your own, write down your personal strengths.



OWN YOUR STRENGTHS 1. Get in groups of 5 people. 2. Stand in a circle, 1 person in the middle. 3. On a timer, everyone (one at a time) must say at least 1 thing he/she/they admires about the person in the middle of the circle. Try to be more specific than just "you're nice to everyone".

OWN YOUR STRENGTHS

On your own,

think about that experience and how it may inform your own thoughts about yourself.

Take notes and reflect.

Paraphrased from "7 Psychology Tricks to Build Unstoppable Confidence" - https://www.youtube.com/watch/tv=RWbXY58ev/CA

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SET ATTAINABLE GOALS

Many people don't think to develop themselves emotionally using lists, deadlines, and resolutions.

But by creating daily or weekly boxes for you to check, you can consistently compare where you are with where you were.

Evidence. Progress. Reality vs. Anxiety.

Personal from "7 Personal Trick to 9. 34 Houseworks Confedence" https://www.trick.com/outs/2-09M-V0E9-C

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SET ATTAINABLE GOALS

For those of you with anxiety and fear-of-failure issues*....

Be kind to yourself. Think long-term a

*like me.

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For those of you with anxiety and fear-of-failure issues*....

Be kind to yourself. Think long-term about how small accomplishments are a big deal.

*like me

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SET ATTAINABLE GOALS

- 1. On your own, figure out **one goal** you have for yourself.*
- Consider a STEP-BY-STEP plan to attain this
- 3.

* that you don't mind sharing if asked. @

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SET ATTAINABLE GOALS

- 1. On your own, figure out one goal you have for yourself.*
- 2. Consider a **STEP-BY-STEP** plan to attain this.
- 3. Now break it into smaller, achievable steps.
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- 1. Get into **new** groups of **3** people.
- 2. As a group, respectfully discuss (and listen):
 - What are the communities (not geographic)

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 - Where do they overlap?
 Is there one you can all agree you could help? If not, each stick to your own.

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HELP SOMEONE

- 3. Next, respectfully discuss (and listen):
 - What does "help" mean in a way that is going to make a difference?
 - How can you as a group and as an individual help people in that community?

Paraphrased from "7 Psychology Tricks to Build Unstoppable Confidence" - https://www.youtube.com/watch?v=RWbX958xxxC

HELP SOMEONE

- 1. Now **on your own**, consider one small thing you can do today to be helpful to one person.
- 2. Discuss with the group.

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HELP SOMEONE

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- 2.Discuss with the group.
- 3.Do it later and reflect how good that feels. :)

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SEPARATE YOUR WEAKNESSES

- Accept that there are some things you define as a weakness that you will never be able to change.
 - · Don't waste time on these things
 - Let them do
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- Accept that there are some things you define as a weakness that you will never be able to change.
 - Don't waste time on these things.
 - · Let them go.
- · Everyone hates something about themselves.
 - And often, it's something of which someone else is jealous!

Paraphrased from "7 Psychology Tricks to Build Unstoppable Confidence" - https://www.youtube.com/watch?v=RWbX958xwCA

SEPARATE YOUR WEAKNESSES

Your strengths define you FAR MORE than your weaknesses do.

Parantheasart form "7 Pour bookers Tricks to Brill I Instrumabile Confedence", https://www.usu.tobse.com/www.tricks.com/www.tr

SEPARATE YOUR WEAKNESSES

- You can be your own worst enemy.
- Instead, be your #1 fan. EVERY, DAMN, DAY.

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SEPARATE YOUR WEAKNESSES

- Also be extremely careful of taking others' opinions of you too seriously.
- Usually people cut you down to make themselves feel better because they are
- sharing your views ... and that can usually

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SEPARATE YOUR WEAKNESSES

- Also be extremely careful of taking others' opinions of you too seriously.
- Usually people cut you down to make themselves feel better because they are lacking in confidence.
- Don't react...other than a "thank you for sharing your views"...and that can usually shut them up. :)

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SEPARATE YOUR WEAKNESSES

And finally...

Is that "weakness" really a strength?

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Providence of the "7 Developer Trick to Devil of Internation Confedence" https://www.net.bo.com/contact/2-DMA-VDCD---CA

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- 1. Who do you wish you were?

 Share and share why you feel this wa

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- Each person in the group find a problem with this scenario how it's not as good as it seems.

Paramitrosauri forum "7 Paur brotonos Tricks to Reiliri Linstromabila Confedence" - https://www.vorstribus.com/watrth/wsRWbX958essCA

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Consider who a dream mentor would be for you as if reality didn't matter.

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LOOK CONFIDENT

- Modifying your appearance and body language not only affects how people behave toward you, but also changes how you conceive yourself.
 - Be yourself, your brand, your style, BUT...
 - · Straighten your back.
 - Dress well (ironed, clean, fits well).
 - · Maintain an open stance.

DISCUSSED MORE IN INTERVIEW WORKSHOPS NEXT WEEK! :)

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LOOK CONFIDENT

- Get up and start practicing your walk!
- *with soundtrack!*
- · Look up.
- Eye contact.
- Posture.
- · Torso or Hips.
- · Arms.
- · Your mantra.
- · Your song.

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• LATER IN SEMESTER:

What exactly to do in an interview...



Other suggestions to de-stress:

- · Drink more water.
- · Get more sleep.
- Take more walks. Little short walks are fine. Just get OUT OF THE HOUSE. Get your heart rate up at least a little bit.
- Smile. Really. Just smile. Even if it's just you in a room.
- Make lists. Put the stressful cloud on a piece of paper and then figure our your time.