

# Confidence Building

Level: Entry Level

In successfully completing this unit, the learner will have	Evidence needed
<b>shown knowledge of</b> 1. the meaning of the word confidence	Student completed work
2. the meaning of the word self-esteem	Student completed work
<b>demonstrated the ability to</b> 3. identify two situations that affect own confidence and two situations that affect own self-esteem	Student completed work
4. assess own confidence levels at present	Student completed work
5. identify two areas of own life in which own confidence needs increasing	Student completed work
6. set at least two small goals to help increase own confidence	Student completed work
7. identify at least two personal strengths and at least two personal areas for improvement	Student completed work
8. rate own self-esteem and identify at least two ways to improve own self-esteem	Student completed work
9. identify at least two people from two different situations in own life and identify how they affect own confidence levels	Student completed work
10. identify at least two steps to make a change happen in own life and consider the change process	Student completed work
11. identify and evaluate at least two given confidence building techniques.	Student completed work