

## **SELF CONFIDENCE REVIEW**

Please try and complete all sections. Hopefully, they will help you define the issues around self-confidence or self image more accurately, and will act as the basis for prompts for the coaching session

**1. What do you think self confidence or self-image is?**

**2. How strong is your self-confidence or self-image?**

**3. What are the areas, or situations, that you feel less confident in?  
(E.g. talking to others, giving presentations, parties, physical appearance)**

**4. Give 2-3 examples in the last few weeks where this has happened**

<b>5. How do you deal with conflict?</b>
<b>6. What are your current coping mechanisms when you feel under confident? (E.g. avoidance of certain situations, clamming up, walking away when things get difficult)</b>
<b>7. If you were more confident, what would it look like, and what attributes/strengths would you like to have?</b>
<b>8. Are there any other aspects that you think are important to consider?</b>