



# CONFIDENCE & CAREER BUILDING

Presented by:

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**For the LLMC Program**

Government  
of Canada

Gouvernement  
du Canada

**Canada** 







# OUR SESSION TODAY

- ☑ How to build your confidence in life and at work
- ☑ Fundamentals to build a thriving career

# Objective

By the end of this session, you will identify the pillars to build your **confidence** and fundamentals to build a thriving **career**.

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A BIT

# About Me

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Personal Brand Strategist, Human Resource and Talent Development Professional, Speaker, Author and Podcaster

Author, **Stand Out or Get Lost**: A practical guide to establishing a strong personal brand

Host of **Growth Is Personal Podcast**, a personal growth podcast, recently featured in the Top 10 Personal Development Podcast in Canada

Board Director for Non-profit organization in Canada.

Immigrated to Canada from Nigeria in 2015.



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The background of the slide features a blurred image of two individuals in professional attire. On the left, a man with a beard and mustache is wearing a dark blue suit jacket over a white shirt. On the right, a woman is partially visible, wearing a dark blazer and resting her chin on her hand. They appear to be in a meeting or collaborative work environment.

# **How to build your confidence in life and at work**

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# What does confidence really mean?

- Confidence is a conscious decision to believe in who you are (your talent, abilities, strengths, gifts, skills) and who you are becoming (your potential, your vision, your purpose), against all odds.
- Confidence is the willingness to take a step even when you don't feel ready.
- Confidence is an outcome from a series of actions that reinforces who you are, what you believe and who you are becoming.





Success in any endeavor is more often 80% confidence and only 20% competence.

Studies have shown that people who have confidence earn more than those who don't.

Confidence is crucial to personal growth, career success and fulfilment in life.

To build your confidence in life and work, **lets look at these 7 pillars:**





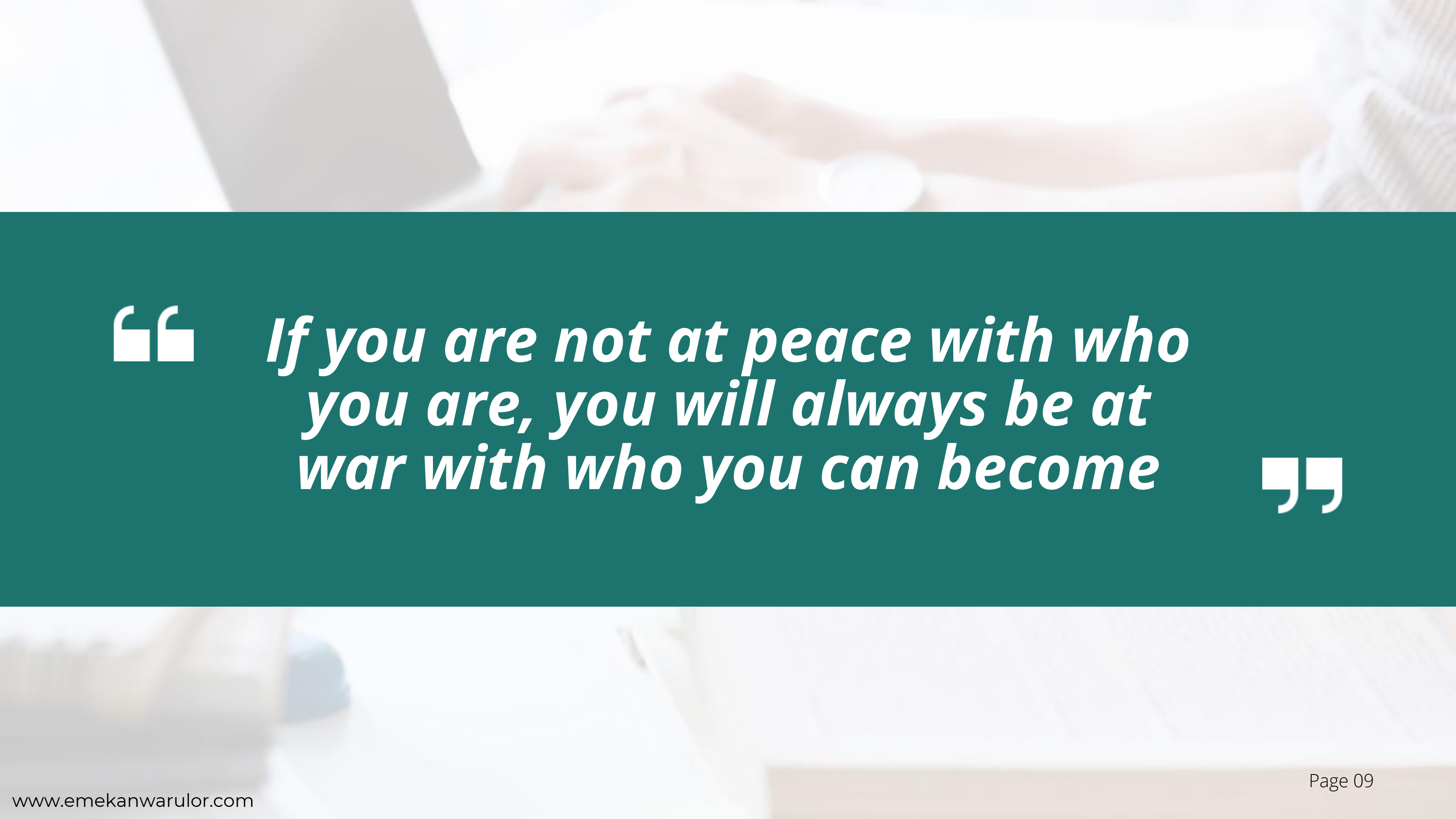


# 1/Awareness

- To build your confidence, you have to be aware of who you are; your talent, knowledge, skills and strengths.
- If you don't know what your strengths are, it's very likely you are paying more attention to your weaknesses. You cannot address what you are not aware of.
- Understanding what you are good at, is a fundamental driver to building confidence.







“ *If you are not at peace with who you are, you will always be at war with who you can become* ”



## 2/Mindset

- Do you believe in your capacity to do great work?
- Cultivating a positive and optimistic mindset, increases your confidence in the possibilities.
- We oftentimes limit our capacity to do great work because of our mindset when attempting something unfamiliar. Out of fear of failing, we talk ourselves into low self-esteem.
- What are the limiting mindsets that are holding you back?







## 3/Environment

- Your environment is what and who you surround yourself with.
- Confidence is like a seed, and your environment is like the soil and water in which your confidence grows from.
- It is very difficult to build your confidence around pessimists, and people that don't believe in you.
- Curate the right environment. Surround yourself with people that inspire you.







## 4/Knowledge

- Confidence is one of the outcomes of knowledge.
- The more knowledgeable you are about a subject or task, the more confident you will be about it.
- The desire to learn, understand, and provide solutions will attract other like minded people, which will then build your confidence.
- Do you want to build your confidence? Go for knowledge, be an avid reader and life-long learner.







“ ***Without confidence our lives will  
gradually slope into a state of  
mere dependency*** ”



## 5/Ownership

- Ownership is an understanding that you are in control of the outcome of your life and career.
- Nobody is coming to hand you a map to figure out your life and career.
- If your confidence is dependent solely on others or external influence, you gradually slope into a state of dependency.
- Take ownership of your life, career and journey.







“ *Success in any endeavor is 80% confidence and 20% competence*

”



## 6/Visualization

- Visualization is creating a mental picture of a desirable future. Visualizing your growth, success, and positive outcomes builds your confidence to step forward and take action.
- Where do you want to be in the next 3 – 5 years? Can you visualize it?
- Where you are now is not all there is to you. Give yourself the opportunity to dream again.







## 7/Momentum

- Momentum is taking action and getting involved in activities that inspires you.
- When you are not taking action, seizing opportunities and going outside your comfort zone, you lose the energy and momentum required to build your confidence.
- Have the courage to do something different, and do work outside the areas you are used to.
- This would empower you with more skills, and these skills will increase your confidence.



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# Fundamentals to build a thriving career

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Now that we have worked on building our confidence, let's take a closer look at what it takes to build a thriving career.

Building a thriving career does not just happen, you will have to be intentional about it.

Let's start with these **3 buckets** to build a thriving career :







# 1/ Vision

## Where are you going?

If you don't know where you are going, everywhere will look like it. In other words, vision enables you gain clarity and direction.

To build a thriving career, it is important that you know where you are headed, what your career should look like, so you can set goals that are align with where you are going.

Have a personal vision for your career.



**Documenting  
Clarity  
Time**






## 2/ Voice

### Are you making a difference?

Voice in this context, does not mean sound, or the sound of your voice. Your voice means something that gets you heard, that commands attention and drives engagement towards a worth cause.

To be different, you have to make a difference. Are you using your story, perspective, experience, and expertise to make a difference?

To build a thriving career, it is important that you become intentional about how what you do is making a difference, at work, in life and society.



**Story  
Perspective  
Experience  
Expertise**



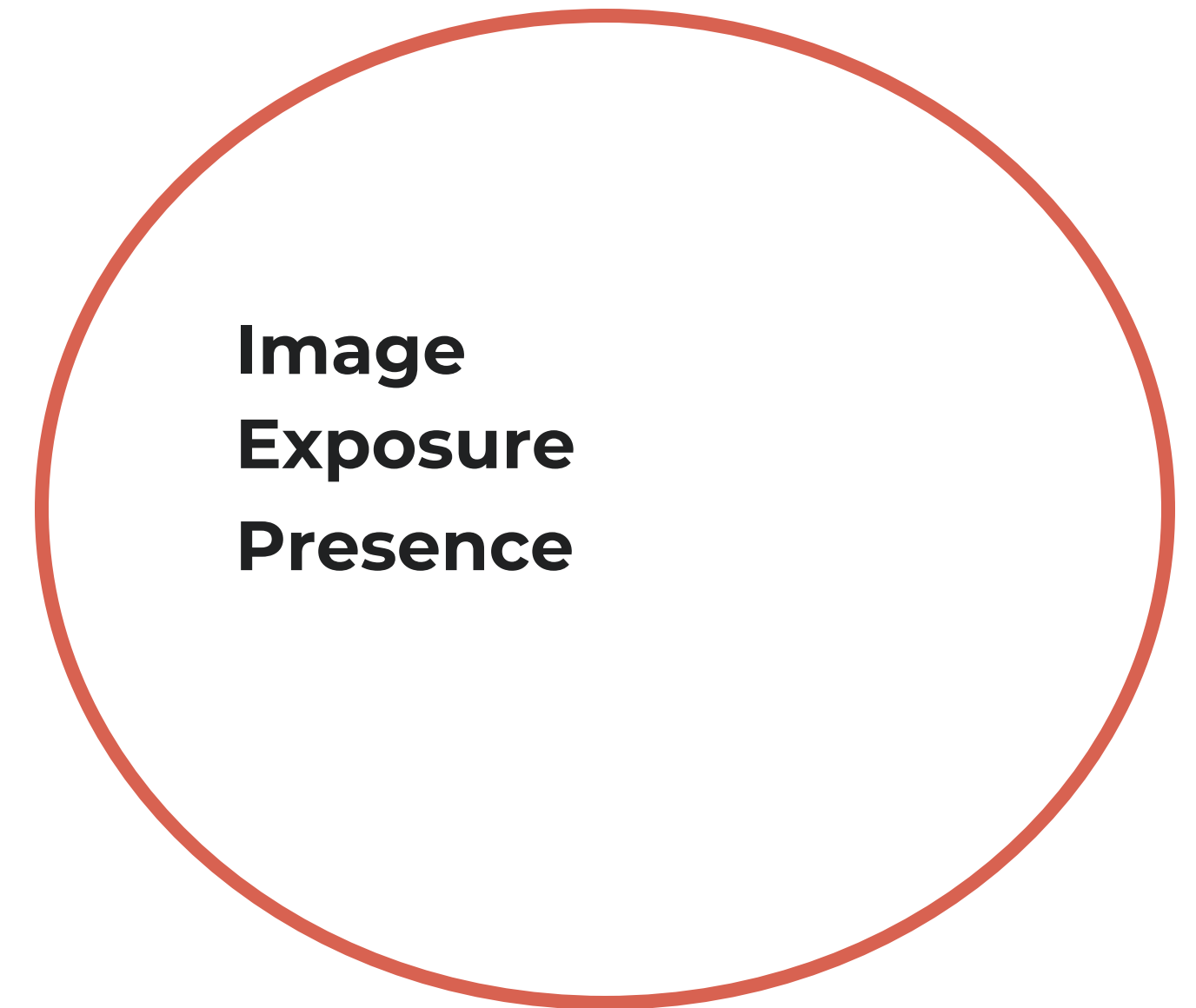
## 3/ **Visibility**

### **Do people see your good works?**

Not all good works can speak for themselves. Your good works needs visibility. You need visibility.

Your visibility is one major factor that determines whether you get promoted, build a thriving career, earn more, and make more impact.

Who knows what you know is as important as what you know.





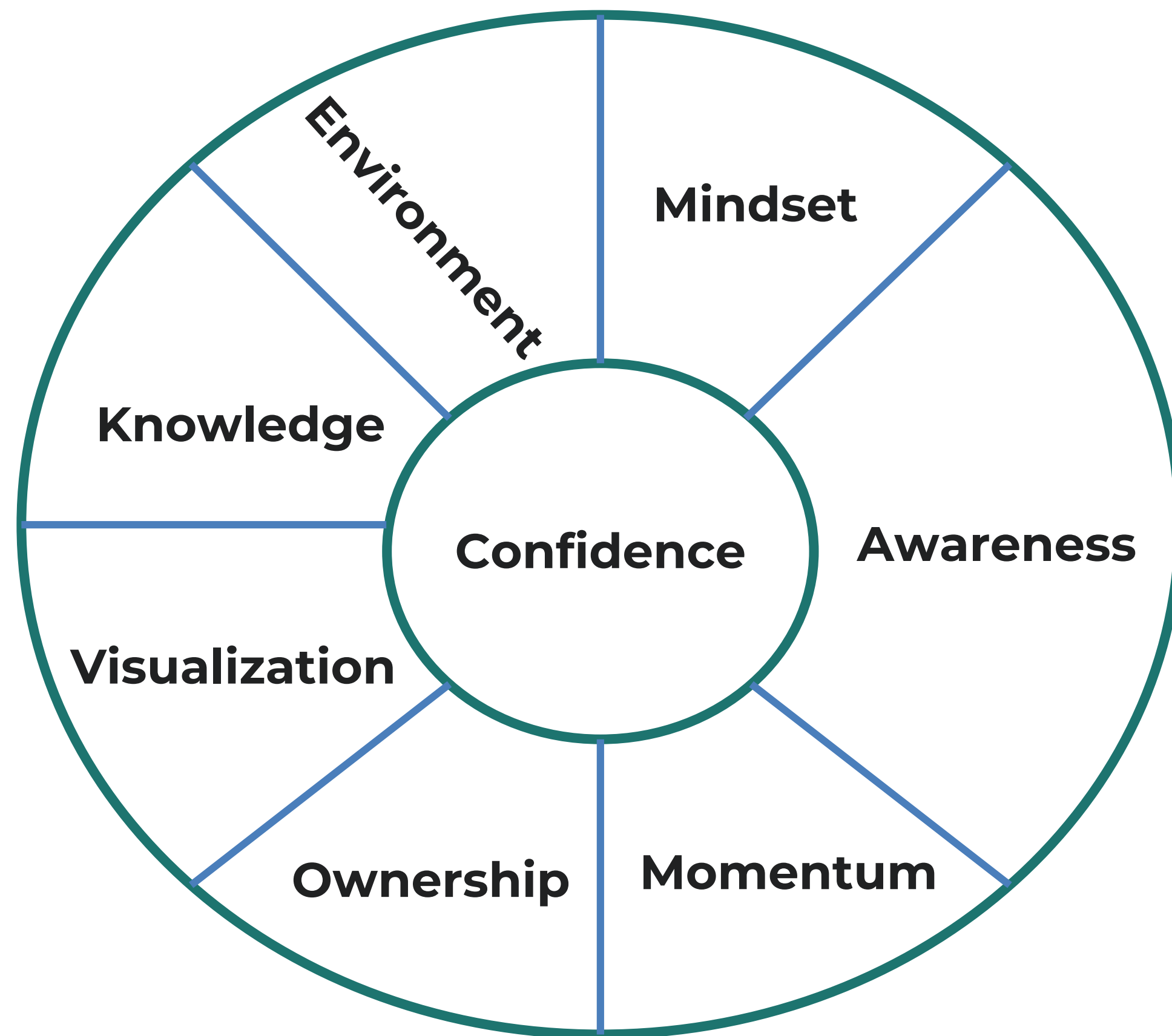


## In Summary

Confidence is like a muscle, you have to exercise it regularly to stay fit and healthy.

Just as confidence is built over time, it can also be destroyed over time.

Guard your confidence like your life and career depends on it, because it does.

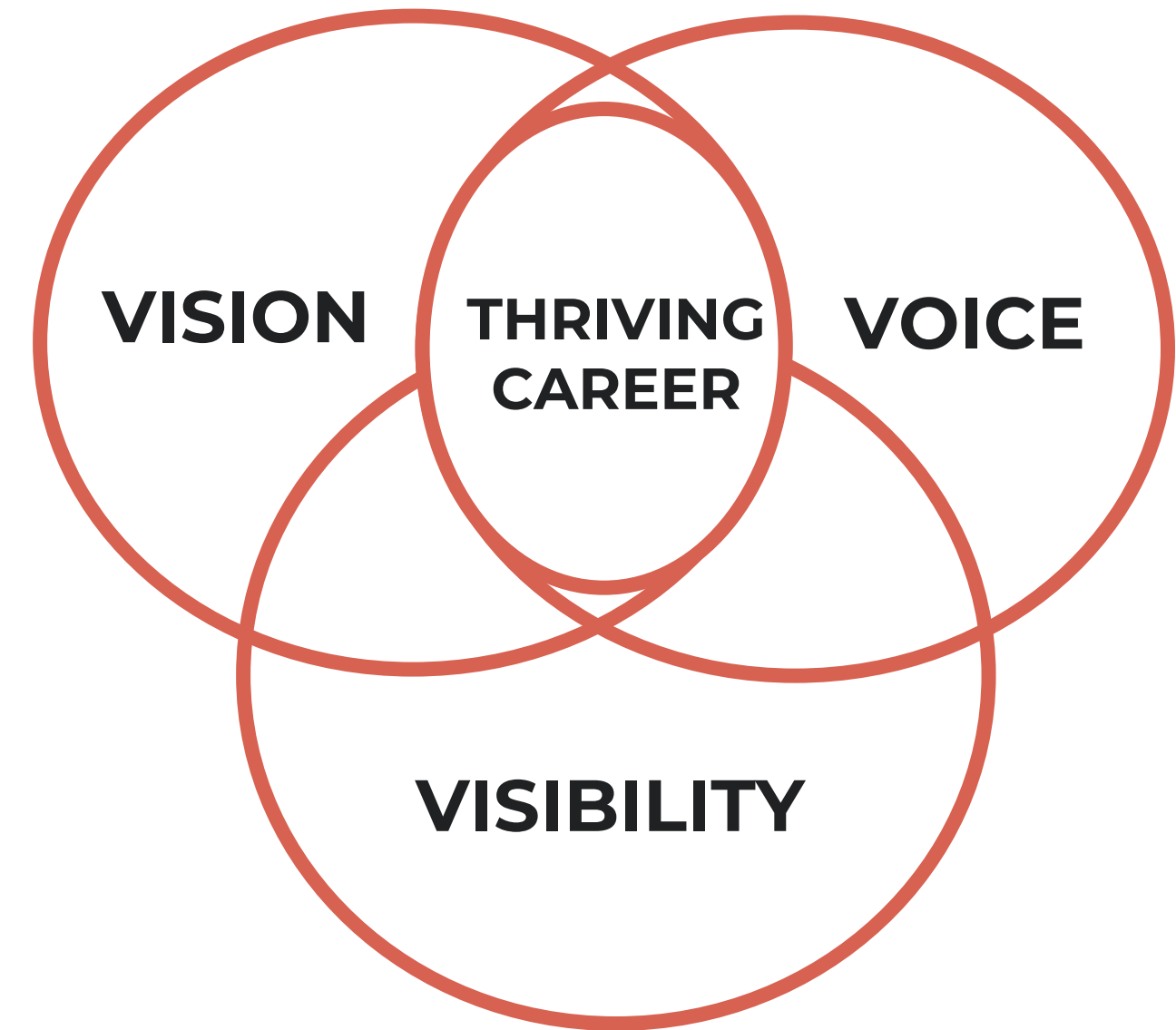




## In Summary

The journey towards building a thriving career is a lifelong journey, and you have to be intentional about it.

Identifying where you are going, how you make a difference, and getting others to see your work is crucial to building a thriving career.







**THANK YOU**  
**Any Questions?**



**LET'S CONNECT**

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