

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

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| 5. How do you deal with conflict? |
| 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) |
| 7. If you were more confident, what would it look like, and what attributes/strengths would you like to have? |
| 8. Are there any other aspects that you think are important to consider? |