

Confidence Building & Assertiveness Seminar

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JRU's Mission

“developing its students to become useful and responsible citizens through the effective transfer of relevant knowledge and desirable values.”

We care about Good Education

JRU TAGLINE

“WHERE GREAT THINGS HAPPEN”

“Education is often likened to a journey of discovery. And like any process of discovery, it is the explorer’s willingness to learn about the things around her through active participation that makes the difference between a normal trip and one remembered for a lifetime. Your time at JRU is like a journey. We hope you treat it as such.” - VKF

I am Part in Making It Happen

Because I am Filipino,
I Possess the following
Traits:

Palabra De Honor

Pagkakaroon ng isang salita na isinasagawa

- Word of honor
- Palabra De Honor will result to trustworthiness of personal and professional interactions.

Delicadeza

Pagpapahalaga sa paggawa ng tama

- Delicadeza is the virtue that determines a person's sensitivity to what is right or wrong.
- A sense of prudence and propriety is inherent to a person with delicadeza.
- The virtue of delicadeza results in honorable men and women.

Katapatan

“Ang aking katapatan ay ang aking integridad”

- The virtue of righteousness in deed and in thought. In a person, this virtue strengthens him against cheating and lying.
- It results in cooperation and trust among neighbors, friends, and co-workers.

Kagalingan

**“Kakayanang ipamalas ang aking
angking galing at husay”**

- “Kagalingan” is a virtue on the spirit of compulsion for competence in whatever job or profession a person is working on, whether manual or mental.
- Kagalingan results in the worker with a strong personal drive to improve his skills and level of excellence, and has initiative.

Kaayusan

**“Pagpapahalaga sa kaayusan,
kalinisan, at sistema sa paggawa”**

- “Kaayusan” is the Filipino virtue of orderliness. It begins in the home as an early mental discipline, instilled on children by their parents.

Pagkamasinop

**“Pagkamasinop na nagbubunga
ng pakinabang at pagkamalikhain”**

- “Pagkamasinop” is a unique virtue of “making do.”
- It becomes a personal attitude and habit which calls care and respect for things through honest work.
- “Pagkamasinop” results in deeply personal distaste for waste and overspending. It also provides a disposition towards self-reliance and on-the-job creativity.

Challenge

live your
values
at **work**

Attitude

A way of thinking

Manner, disposition, feeling, position, etc., with regard to a person or thing; tendency or orientation, especially of the mind

An inward feeling expressed by outward behavior

ATTITUDE

by: Charles Swindoll

The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it.

And so it is with you... we are in charge of our attitudes.

**“Thoughts leads to Action,
Action leads to Habit,
Habit leads to Lifestyle,
Lifestyle leads to Character
and Character defines a man”**

- Ed Lapiz

Challenge

Change the way you think
and be Confident about
Yourself

Let's take a
Self Confidence
Assessment Test

Among the many ways,
here are a helpful suggestions
In building Self-Confidence

“Look well into thyself; there is a source of
strength which will always spring up if thou
wilt always look.”

— Marcus Aurelius, Meditations





How to Take control of your self-image?

Self confidence

completely a state of mind

can be altered by instilling a few habits

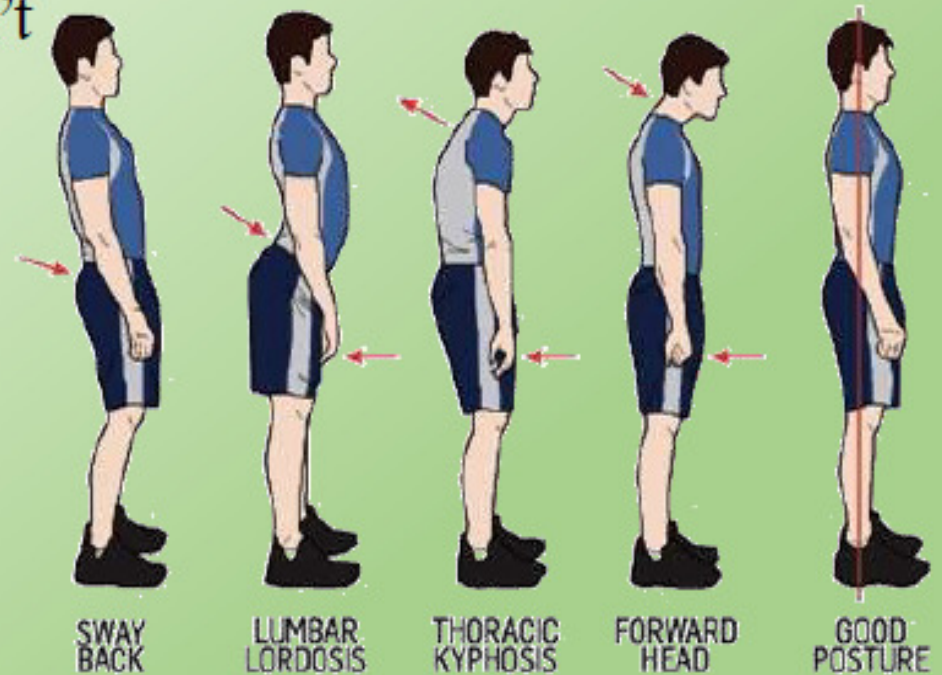
Groom and Dress Yourself Up

good shower
a clean shave
and clean dress
would add to your
confidence



Stand straight, Stand tall

Nail biting
trembling hands or feet
slack positioning
are some of the ways that wouldn't
put you in
good shades



Speak slowly and meticulously

Being
to the point and
comprehensible
with your talks is an important
thing and you need to slow down
your words.



Think positive

Talking affirmatively and being positive about how things
unfold makes one
more self-confident and concrete



Or at least, don't think Negative

If being positive is not your cup of tea,
at least

stop being negative



Try to calm yourself down

Meditation for few minutes

Listening to calming **music**

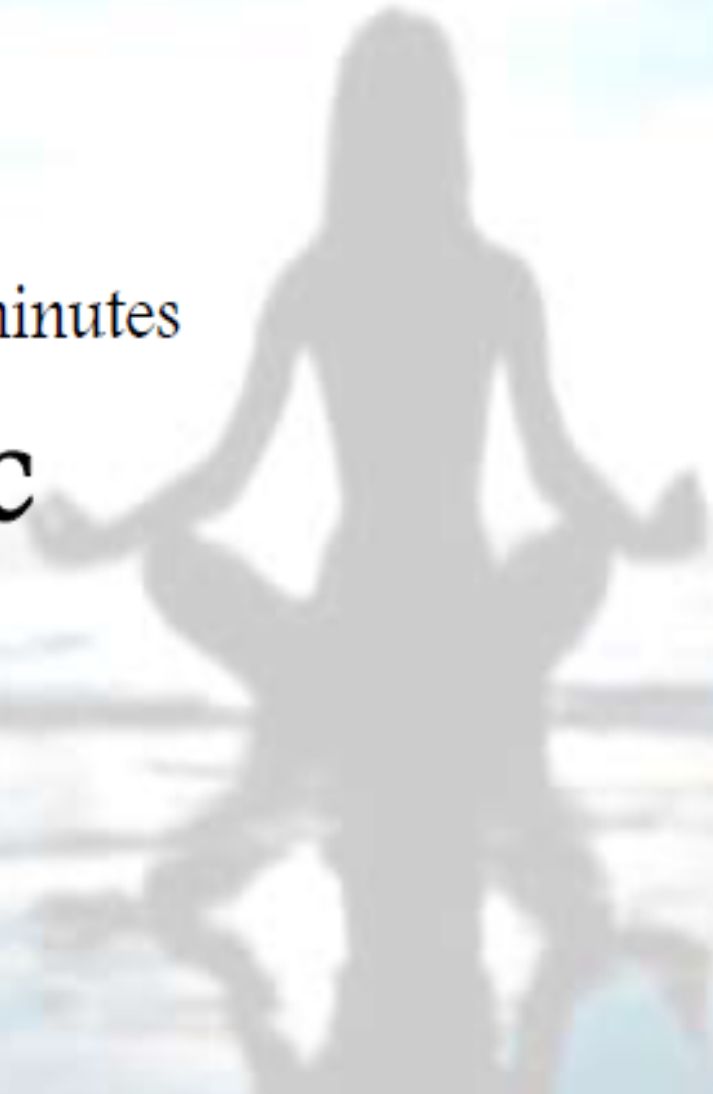
breathing **exercise**

would make you

calm

focused

concise



Smile often and be emphatic

The power of
human smile

is unbelievable and could do
wonders in situations
unfavourable to you.



Focus on problem solving

Working on your
problem solving
skills

would lead to a greater self-confident
and would make you feel.



Look back at your achievements

The mind always works the best when
rewarded

Thinking about your past
accomplishments
is a great way to boost your self-
confidence.



Stop comparing and kill your inner critic

Comparing and inner critic are the
roots

of all these low self-confidence
and self-esteem issues





True self-confidence isn't
an overnight acquisition.

It takes dedication to
realize you are a human
being who is worthy of
respect and love.



Action Planning

1. Think of 3 to 5 areas in your Personal/Social or Work Life that you feel you are not confident of (Column 1)
2. List down your end in mind or wish you were but not at the moment (Column 2)
3. Think of practical /simple actions to address it and/or achieve your desired state (Column 3)

Areas of Lack/Low Confidence	Desired State	Action Plans (30 days guaranteed)
1.		
2.		
3.		
4.		
5.		

Simple Self Confidence

If you're ready to improve your self-confidence so you can . . .

- Accomplish your goals and dreams to achieve success
- Feel comfortable around other people
- Have amazing relationships
- Speak up and share your ideas with others
- Feel comfortable and happy in your own skin

Questions???

Thank You !

References

1. DBP Filipino Work Values
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3. www.shoutmeloud.com
4. <http://psychologia.co/self-esteem-test/>