



The
IGUANA Project
Improving Education Together

Emotional Intelligence

Amongst many of these emotional intelligence competences there is considerable overlap. The message is often the same and is repeated over and over again!

MODULE	Emotional Intelligence
COMPETENCE AREA	Intra-personal competences
SUB-MODULE	Self-confidence
VERSION	2
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The **Emotional Intelligence Module** consists of four competence areas:

- **Intra-personal competences** – the personal competences that enable an individual to accurately assess their emotional intelligence and how this is likely to shape their relationship with the external world and with other people.
- **Inter-personal competences** - applying intra-personal competences to engaging with other people in meaningful and productive ways.
- **Adaptability** - the competences that enable an individual to manage themselves and their relationships with others in response to changing situations.
- **Affective competences** – the competences that shape how an individual assesses their mood and how they manage their mood in relation to behaviours and relationships.

There are three competences in each of these four competence areas.

This overview covers one of the competences in the Intra-personal competences area: **Self-confidence**

A BRIEF INTRODUCTION TO Self-confidence

Voltaire



What would you do if you weren't afraid?

“Don't let the best be the enemy of the good”


“Idealism does a lot of damage and it always fails”

Ultimately, don't let **confidence** just be too dependent on competence; or **self-esteem**; just being dependent on success.

They truly come from being aware, understanding, acceptance and making real choices. Taking the risk to do it differently.

But real self confidence comes from having faith in yourself, that you will deal with 'it' when it happens but being able to accept the limitations.

SELF CONFIDENCE



- **The model**
- If only/should/could have!
- Take risks
- ***ALLOWED TO COMPLAIN,***
- Ask the right questions

I AM SUPER

- 1 The model is only as good as the assumptions made. If only/should/could have!
This is the wrong way to think. Even if scared, take risks and sometimes initiate things. WE ARE ALLOWED TO COMPLAIN, CONSTRUCTIVELY, IF POSSIBLE. Ask the right questions of yourself and others. Is there anything I can do differently? Ask it more often.
- 2 We often think we don't have choices and then start to feel helpless and resentful. We can learn to step back and see choices. There is a danger in not being able to discriminate and treating smaller issues and the bigger ones as equally important.
- 3 Self-confidence is feeling in control. (But not necessarily to control anybody or anything.) Having faith in yourself. Not feeling stuck, trapped and helpless. The less self- confident we are, the more we try and actively control. Comfortable with what not confident about!

Negative self-esteem - Reinforced



Cycle of negative reinforcement

- 1 If it's not right or OK, it often feels that there are really only 3 options:
 - a) Try harder (doing it the only way we know).
 - b) Anger- turn outwards- blame someone
 - c) Anger- turned inwards- low self-esteem/ hate self/depression----- So we feel that we can only return to a) and stay stuck. Or learn how to try harder to do it in a different way!

- 2 Assertion is an attitude towards yourself and others. The benefits of assertion are that you are able to ask for what you want directly and openly; appropriately, respecting your own opinions and rights and expecting others to do the same; confidently...

Once emotion is involved, reason will never prevail



Respect Yourself and others

Self esteem and confidence

Self-respect
starts to grow

1 When you respect yourself and others, people can sense this and they will begin to treat you with respect in return. You will begin to feel your sense of self-respect starting to grow. With this comes self-esteem and confidence

2 Once emotion is involved, reason will never prevail. We may need to accept that we can't win, nor do we have to fix it. The better things are, the bigger the contrast when they go wrong. The limitations become amplified. The worse they are, the more helpless we feel.

THERE IS NO FORMULA. EVERYONE/EVERY SITUATION IS DIFFERENT

3 Stress is the negative manifestation of internal and/or external pressure. We create stress mostly because of the internal pressure, created by low self-esteem/not feeling good enough.

4 Do not: violate people's rights; expect others to magically know what you want; feel anxious and avoid difficult situations.

5 Is what you do reasonable and appropriate? Be mindful but not over analytical.

6 Maybe the way 'they' react is more their issue. But we can't help comparing how we feel with how they look and assume they must feel how they look and we must look how we feel. Not so.

Further Resources

<http://www.youtube.com/watch?v=Oc-B536E6MY>

<http://www.youtube.com/watch?v=85oysKCSs8gh>

<http://www.youtube.com/watch?v=aFvtuBWIKm8>

SYNONYMS

<http://thesaurus.com/browse/self-confidence>

Test and article

<http://www.mindtools.com/selfconf.html>

How self confident are you?

http://www.mindtools.com/pages/article/newTCS_84.htm

FUN LINK

<http://www.wikihow.com/Build-Self-Confidence>

BOOKS

Overcoming Low Self-Esteem By Melanie Fennell

Self Esteem Secrets: 12 Steps to Success by Karl Perera

QUOTES

<http://www.goodreads.com/quotes/tag/self-confidence>

If you would like to learn more about this competence or any of the competence areas, why not visit the [IGUANA Open Learning Space](#) or return to the portal at <http://www.iguana-project.eu>