

**4 WAYS**

**TO BUILD  
CONFIDENCE TO  
GET THAT JOB**



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# BUILDING CONFIDENCE

Looking for a new job can be quite stressful, especially if you don't know what to do. This quick guide gives you 4 tips to help make the process a bit easier.

## **WORK EXPERIENCE**

One of the best ways to build confidence is to gain experience in what you want to do. Work experience gives you the opportunity to do just that, which you can then put on your resume.

## **ROLE PLAY**

Interviews can be quite daunting, especially if you have no idea what to expect. Role playing will give you an idea of what questions might be asked, and what to do under different circumstances.

## **CONFIDENCE COURSE**

Believe it or not, there are courses out there that help you build your confidence by teaching you ways to leverage a positive mindset and improve your self-esteem.

## **GET A COACH**

By far the best way to build confidence is to have someone who has gone through the job seeking process, as both an employee and employer, guide you each step of the way.



# GET HELP

## [SELFPLUS.PLUS/SCHEDULE](https://selfplus.plus/schedule)

Schedule a free strategy session to see how we can help you find a job.

**CONTACT**  
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