



SELF-CONFIDENCE & COMMUNICATION SKILLS

Work Sheet 8

Try writing a change CV. It's a bit like a conventional CV you might have for work, but it specifies times in your life when you have been through different kinds of change, provides evidence of your ability to change, and identifies positive outcomes that came from the change, even if the event itself was negative. Perhaps you discovered hidden talents or interests, made new contacts, or found a new career path.

	Situation or change (what happened)	Positive outcome (anything good that happened as a result, whether it led to something positive or helped you to learn something)
Childhood: general (e.g. moving house, breaking a limb, parents or guardians divorcing, getting a part-time job, first boyfriend or girlfriend)		

Childhood: education (e.g. changing schools, overcoming a fear, improving grades, changing friends)		
Work life (e.g. changing careers, redundancy, retraining, peers, colleagues, and managers)		
Adult life (e.g. going to college or university, serious relationships and break ups, trying something new, loss of a loved one)		

Reflect on your change CV when you have completed it. Just look at how far you have come!

For the next activity, write freely below about all of the skills, experience, and personal qualities you have. Don't just relate this to work – think about life in general. You can write a bullet point list or a flowing essay. What are you really good at? Remind yourself here. You can keep this with your compliment journal to give you a boost whenever you need it.

Finally, identify and categorise your support network. When we are low in confidence, we might be tempted to withdraw socially, or feel that we are a burden to others, but actually this is the time when we need others the most! Spending time with people we value and trust can help us to share our problems, put things in perspective, and build our confidence.

1. Write down all of the people you have a positive relationship with: this can be friends, family, colleagues, managers or other authority figures, neighbours, mentors, and more. This is your social network.

2. Identify which roles different members of your network could play. Try to categorise them into 4 broad roles and write them in the table overleaf.
 - cheerleader (esteem support: someone who offers positive support, motivation and encouragement)
 - shoulder to cry on (emotional support: someone who offers emotional support and helps you talk through your feelings)
 - advisor (informational support: someone who can offer or gather information to support you)
 - problem-solver (tangible support: someone who offers practical support with your problems)

Person	Role

3. Consider who might be best placed to help you at different times or with different problems, challenges or stressors. If there are categories which are empty or have fewer entries, think about other ways you could gain this support. For instance, if you don't have many 'advisors', where else could you get this type of support? Could it be Citizens Advice, or your local library?

4. Reflect on what kind of role you might offer to others! Are you a cheerleader, shoulder to cry on, advisor, or problem-solver? Are you different roles at different times or to different people? This is great way to remind ourselves of our value.

Tip: try the links below if you would like more formalised help or support:

- www.danceinmind.org/coaching-and-mentoring
- www.nhs.uk/service-search/mental-health/find-a-psychological-therapies-service/
- www.mind.org.uk/
- www.psychotherapy.org.uk/find-a-therapist/?Distance=10
- www.counselling-directory.org.uk/