



Confidence

What is confidence?

Confidence is having belief in yourself and that you can do things.

Why does it affect people taking part?

Low confidence can mean that people in your session are unwilling to try new things and engage in your session. Achieving success helps people build their confidence. This includes small steps of success and improvement, not just the achievement of big goals.

What can coaches do?

- Understand that confidence is not linear and can increase and decrease between people attending your sessions due to external factors.
- Recognise small steps in progress, especially those linked to people's motivations and goals.
- Finish sessions when confidence is on the 'up'. This means not including something too difficult or unattainable at the end of a session.
- Praise positively and specifically.

Questions for Coaches to Use for Self-reflection

What do you notice about some people's confidence?

What have you adjusted in your coaching to increase or decrease confidence?

How do you plan for people learning in your session and leaving your session confidently?

Top Tips for Coaches

It is better to show someone learning a skill rather than doing the skill competently. This helps people understand that not being perfect and learning is part of the process.

A dip of confidence in the middle of a session is fine. People should leave your session feeling confident, so plan for success at the end of your session.

Avoid the temptation of introducing new and difficult skills at the end of a session that could negatively affect confidence.

Confidence is wavy and not constant. You will need regular small successes to maintain confidence.

Confidence