

## 7 WAYS TO SHOW CONFIDENCE WHEN YOU DON'T HAVE ANY



**Summary:** *Faking it until you make it is often necessary when you need to be full of confidence in a stressful situation.*

Picture someone you know who exudes confidence. When they walk into a room, people take notice. They appear successful, organized, and just on top of it all. It doesn't matter what they are selling or saying, people are more willing to listen. The truth is that confidence sells.

If you lack confidence, it is possible to make it appear that you have some. We often feel under-confident when walking into a new situation like giving a presentation in front of a new people or interviewing for a new job. Luckily there are tricks you can take advantage of to make it seem like you are bursting forth with confidence.

### 1. Eye contact

Making eye contact may be uncomfortable and a bit awkward, but it is a strong sign of confidence. Eye contact gives the person you are talking with validation that you are invested in them as well.

### 2. Power pose

Practice a power pose before events so that you will have a go-to position instead of resorting to a less confident stance. Try putting your hands on your hips with your elbows out, chest out and eyes directed up.

### 3. Memories

Remember the times when you felt and acted confidently. Channel those memories during future instances so that you can feel those same feelings again.

### 4. Dress the part

Wear an outfit that gives you confidence. You want to look and feel good. Don't wear some fashion-forward outfit that makes you uncomfortable. Pick something that is formal and powerful.

### 5. Speak clearly

Take your time in what you say. Speak with clarity, power and at a slow but steady rate. Talking slowly lets you think about what words you choose so that you choose the right ones.

### 6. Self-talk

The way you talk to yourself will have a big impact on your confidence. Be uplifting and supportive, building a stronger self-acceptance.

### 7. Hands

Your body language plays a big part in how confident you look. Your hands are the biggest giveaway. When talking, use your hands to emphasize your words. When you are not talking, keep them together to minimize fidgeting.

Once you master these skills, you will be able to look and feel more confident.

**To learn more about being confident in your career, read these articles:**

- [7 Methods for Inspiring Confidence Before an Interview](#)
- [How to Build Your Self-Esteem; Secrets of Self-Confident People](#)
- [Look Healthy and Confident In an Interview](#)

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