

Confidence: Skill or Personality?

Student's Guide by Arjun Lyngdoh

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What is Confidence Really About?

Confidence is not about being extroverted, loud, or having all the answers. It is not a personality type. It is not something you're born with.

Confidence is a trainable skill.

It means you can show up fully, speak without fear, and hold your ground—even when you're uncertain on the inside.

It's about:

- Carrying yourself with balance, energy, and control
- Speaking with clarity—even when nervous
- Believing you belong in the room
- Staying calm, present, and steady—especially under pressure

Confidence is not noise.

Confidence is presence.

Common Myths About Confidence (That You Should Forget Today)

Myth 1: Confident people never feel nervous

Truth: Even professionals feel nervous. What matters is how you manage it.

Myth 2: Confidence means being outspoken or dominant

Truth: Real confidence is calm. It doesn't push. It doesn't seek attention—it earns respect.

Myth 3: You either have it or you don't

Truth: Confidence is built through practice, repetition, and micro-wins over time.

Confident vs. Insecure – Let's Compare

Insecure behavior:

"I'm sorry, but... I think... maybe we could, um, try that later?"

Confident behavior:

"We can revisit that idea after we complete today's task."

The difference?

- One sounds hesitant and uncertain
- The other sounds direct, calm, and respectful

Your goal is not to fake boldness.

Your goal is to develop steady presence.

How to Build Real Confidence (Even if You're Shy)

Here's what works—and what I personally train my students to do:

- **Fix your posture** – Stand tall, shoulders open, chin slightly up
- **Control your voice** – Breathe, slow down, pause before replying
- **Shift your mindset** – Ask yourself, “What if this goes well?”
- **Practice visibility** – Speak up in groups, initiate conversations, take space
- **Train under pressure** – Simulate tough situations until they feel normal
- **Repeat your wins** – Recall times when you handled things well

Confidence builds when your body, voice, and thoughts work together.

Practice Task – Strengthen Your Presence

Step 1: Record yourself introducing who you are and what you do (30–45 seconds)

Step 2: Watch it. Do you sound unsure, rushed, or too soft?

Step 3: Now try again—slower, stronger posture, voice from your chest

Step 4: Compare both videos. Do you look more in control the second time?

This task helps rewire how you see yourself. Repeat it 3 times a week.

Final Word

Confidence doesn't arrive.

It's built—through structure, feedback, and courage in small moments.

If you've doubted yourself for too long, start training. Because confidence isn't a personality.

It's a skill. One you can master.

— Arjun Lyngdoh

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