

## **Confidence: Skill or Personality?**

*Student's Guide by Arjun Lyngdoh*

**UrbanPro Award–Winning Trainer – Top 100 Tutors in India | Top 10 in Spoken English | Top 10 in Communication Skills | Top 10 in Personality Development | Top 10 in Soft Skills**

### **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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