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DISRUPT. RETHINK.

SURF
YOURS
SU

Building Self-Confidence Resilience

*... because your next level requires
your boldest self*

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Date: 23 June 2025

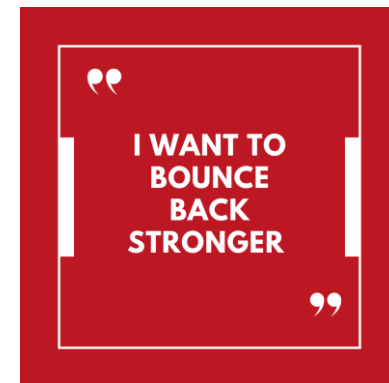
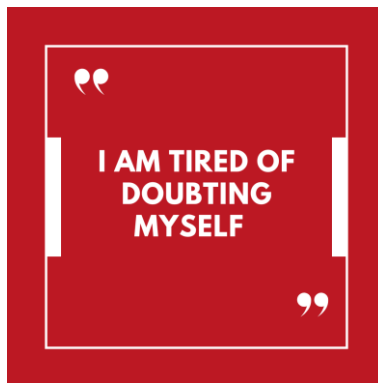
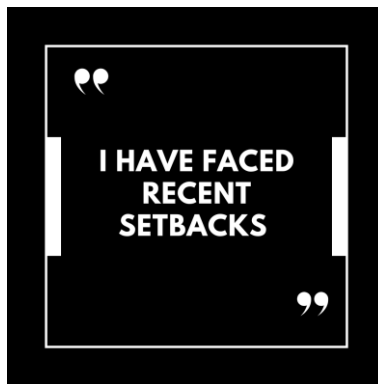


Building Self-Confidence & Resilience

- Dispel common myths about confidence and resilience.
- Understand how action builds confidence and vulnerability supports resilience.
- Reframe failure as a source of growth.
- Identify personal support systems that foster self-belief.
- Apply practical tools to challenge the inner critic and develop psychological flexibility.

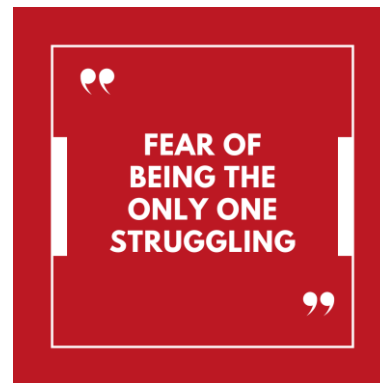
Confidence check in

Why did you join this session today?



Confidence check in

What fear are you bringing into this session?



Where does your confidence come from?

Competence or Compliments?

The Confidence Spectrum



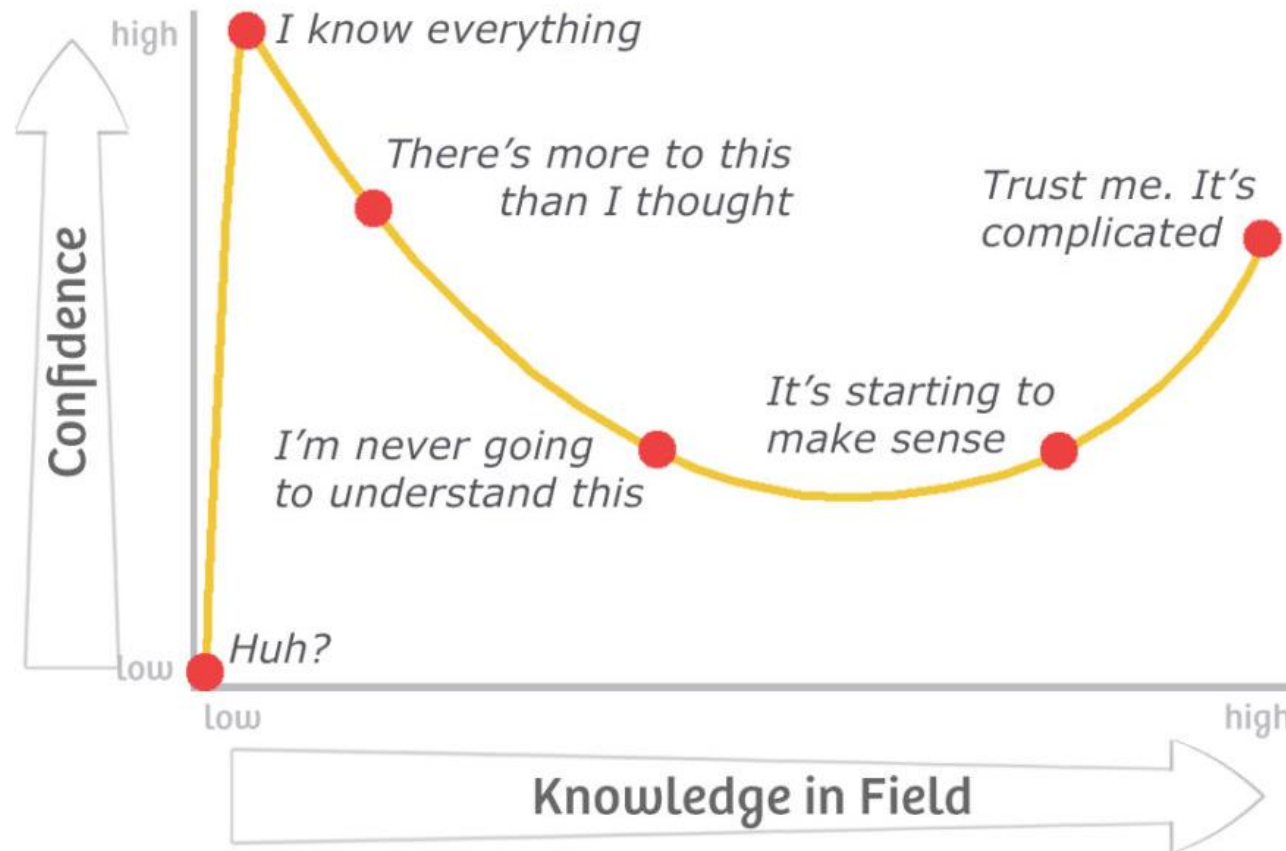
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Note:

1. Confidence from competence gives YOU the control, and allows you to lead with growth, grit and humility. You have the ability when people are watching and when nobody is watching. It builds resilience.
2. Confidence from compliments leads to pressure, perfectionism and fear of failure. It is externally dependent and can disappear with just one criticism.

Try to anchor your confidence in competence, and allow some compliments to balance it out for the occasional boost.

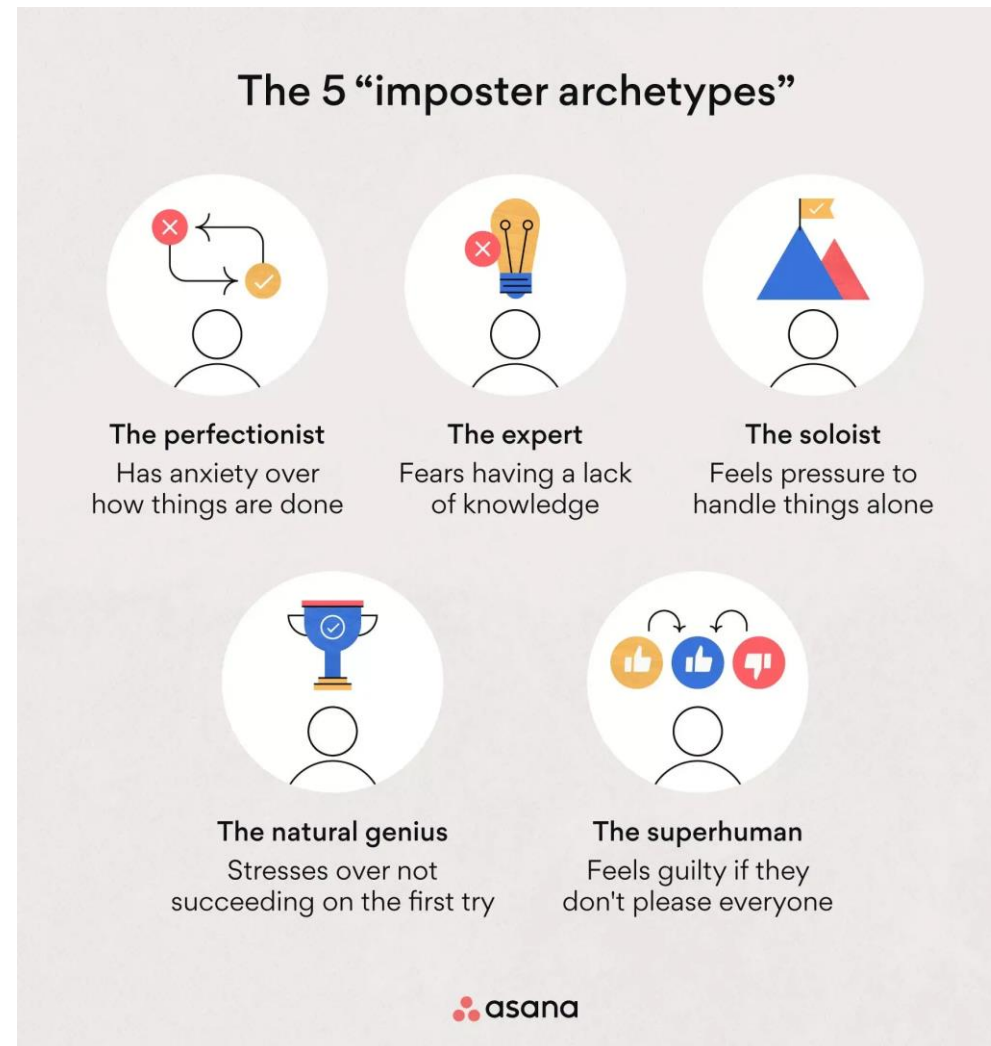
Dunning Kruger Effect



"The less you know, the more confident you are. The more you learn, the more you realise how much you don't know."

Source: <https://agilecoffee.com/toolkit/dunning-kruger/>

Imposter Syndrome



Source: <https://questromfeld.bu.edu/blog/2025/02/27/unmasking-impostor-syndrome-15-ways-to-overcome-it-at-work/>

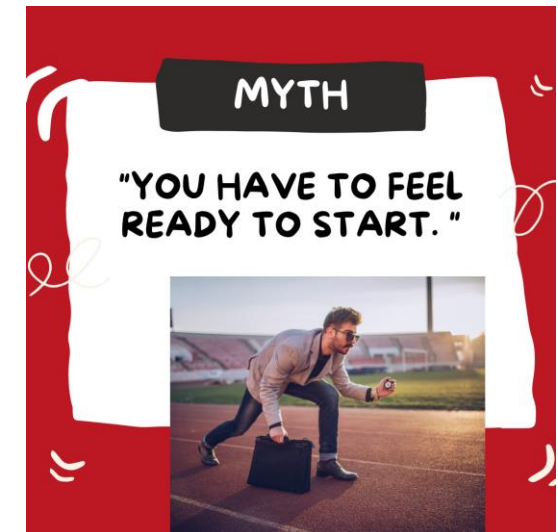
Confidence Mythbusters



False. Research shows that confident people doubt, but they act anyway.



Not always. Introverts can radiate quiet conviction and strength.



False. Action sparks confidence. The more you practice, the better you become, the your confidence grows.

FAILURE RESUME

**LIST THREE MOMENTS IN
THE LAST YEAR YOU'D
RATHER FORGET**



**WHAT
DID I
LEARN?**

**What did I
learn?**

**How did it
grow me?**

Source: https://www.researchgate.net/publication/48925826_A_CV_of_failures



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Confidence Network Mapping

Fuel



List the people who fuel you and who drain you, and do an audit of those in your inner circle.

Drain



Now reflect: When was the last time someone believed in you more than you believed in yourself? Type that person's initials or role into the chat. Let's celebrate those people.



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Rethinking the inner critic



Switch pronouns and become your own inner coach.
"You can handle this"

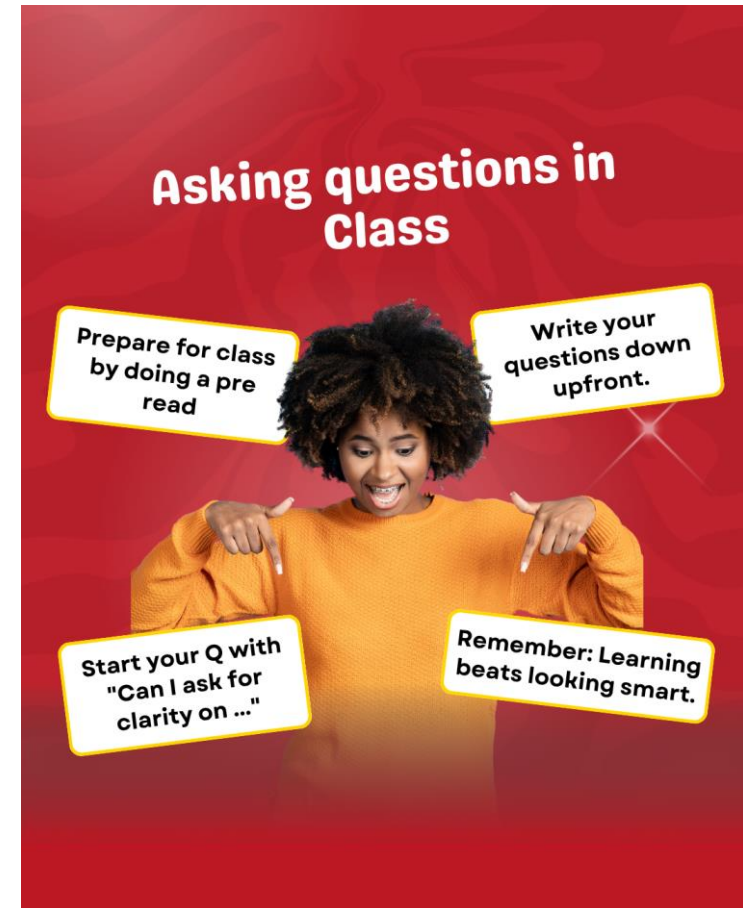


Add the word "yet".
I don't know ... yet.



Align your actions to your values. Be brave; be honest; be authentic and get comfortable in our own skin.

Situational Confidence



Situational Confidence



What does Resilience look like to you?



Option 1



Option 3



Option 2



Option 4

Good news!!! South Africans are naturally resilient. Why?

“
**SURVIVING
STRUCTURAL
INEQUALITY**
”

“
**"MAAK 'N
PLAN"**
”

“
**POWERING
THROUGH
LOADSHEDDING**
”

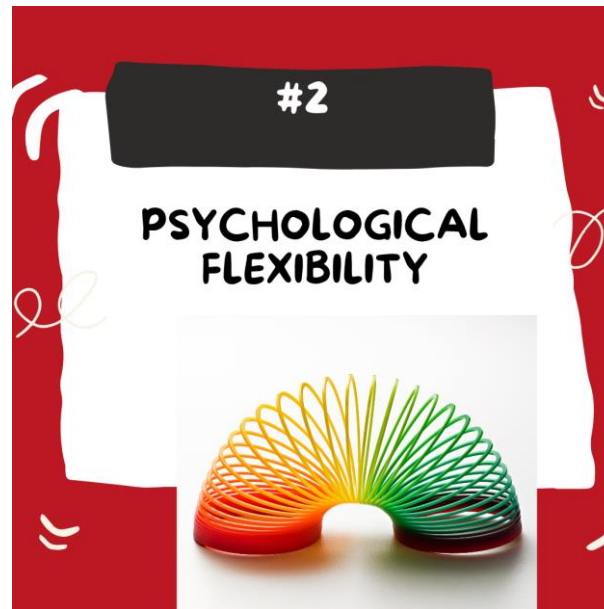
“
**"DEMOCRACY
AND DISSENT"**
”

Resilience ≠ Toughing It Out

“Resilience isn’t ‘powering through’.

Tedeschi & Calhoun’s research on *post-traumatic growth* shows it’s about **adapting and expanding**.
Think of a tree that bends in the wind instead of snapping.

3 SCIENCE BACKED LEVERS



Practical steps to build resilience

1. Build Self-Awareness (Name it to Tame it)
2. Strengthen Your Support System (Connection Builds Capacity)
3. Focus on What You Can Control (Circle of Influence)
4. Cultivate a Growth Mindset (Learn from, Not Just Survive)
5. Boost Physical Recovery (Resilience Needs a Body to Live In)
6. Practice Future-Facing Optimism (Realistic Hope)
7. Use Rituals to Anchor You (Micro-Routines for Macro-Stability)
8. Embrace Discomfort in Doses (Resilience = Stretch, Not Snap)

When resilience breaks down

1. When Basic Needs Aren't Met
2. When There's Repeated, Unprocessed Trauma
3. When the System Is Broken
4. The Myth of Perpetual Strength



When resilience breaks down ... because sometimes, it does.

The link between Self Confidence and Resilience

Self-confidence and resilience are two sides of the same psychological coin.

Where self-confidence (often operationalised as *self-efficacy* or *self-esteem*) is the **belief** that “I can handle what’s coming,” resilience is the **capacity in action** that proves, “I *did* handle what came, and I can do it again.”

They reinforce one another in a tight feedback loop and are now routinely studied together under the umbrella of **Psychological Capital (PsyCap)**, whose four HERO components are *Hope, Efficacy (confidence), Resilience, and Optimism*.



Self Confidence and
Resilience are 2 sides of
the same coin.

Thank You

Questions & Answers



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