

**Some Strategies to help you feel more confident**

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|  | **Yes, I’m happy with this** | **I can do this better in future** |
| Did I prepare for the seminar? |  |  |
| Did I contribute to the seminar discussion? |  |  |
| Did I listen to others? |  |  |
| Did I comment on wat other people said? |  |  |
| Was I supportive of other people, even if I disagreed with them? |  |  |
| Did I ask questions? |  |  |
| Did I refer to my notes? |  |  |
| Did I invite others to speak? |  |  |
| Did I wait until others had finished speaking before I spoke? |  |  |
| Did I make any suggestions? |  |  |
| Did I sum up what I said if I spoke for a long time? |  |  |
| Did I feel confident? |  |  |