

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

|  |  |  |
| --- | --- | --- |
|   | **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?   |   |   |