



The Skills Hub

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 what 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?		