# Building your confidence as a professional presenter

***"You don't have to be the best to achieve success, you only need to be compelling by exuding confidence"***

***"Your gifts are only as useful as the strength of your confidence."***

What does this statement mean to you?

What does confidence mean to you?

**Take a quick confidence quiz:**

[Confidence Quiz](https://docs.google.com/document/d/1DgyW5L2-glWnNvdAFw1DIsQcI3W08BgCSkL1imhXxlY/edit?usp=sharing)

Confidence is about increasing your ability to effectively communicate your intentions, convictions, ideals, and desires. It can be internal or external. Confidence is making the connection between your desired outcomes and how you express yourself to attain those outcomes.

* What are your intentions, ideals & desires as a creative? Artistic Statement. Provide one sentence each.

**Tips to increasing your confidence:**

1. Getting comfortable with the uncomfortable
2. Practice makes….
3. Feedback and constructive criticism
4. Accessing your strengths
5. Vulnerability

**Activities**:

**Text to emotion**: Recite a piece of text that coincides with an emotion.

* What emotion(s) does your art resonate with?

**One word poem**: select one word from your art that speaks to you, perform it.

* Describe your art using one word

**The art of vulnerability:** keep one memory (experience) in a box, and release one memory out to sea.

* which ones would you choose? Why?