Building confidence and assertiveness

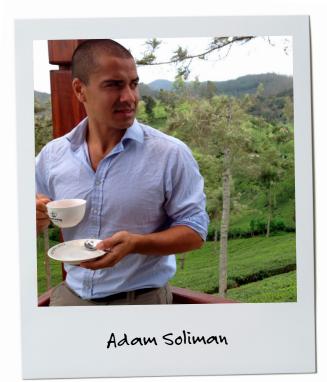






Case study – Charbrew

Adam Soliman started the company in 2009 with £5000 capital. It is now a million pound business.





What are the challenges?



Starting a university course



Taking up a volunteering opportunity overseas



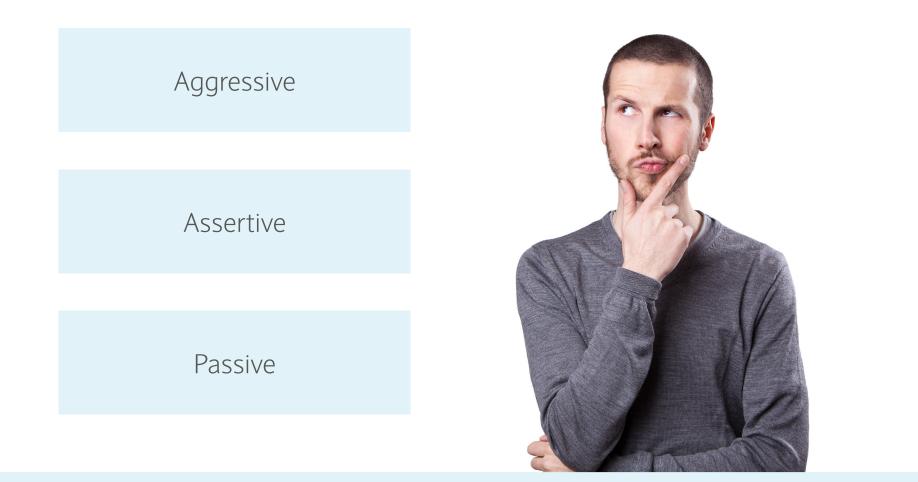
Moving away from home for a first job



Starting an apprenticeship



Words to describe behaviour: what do they mean?



Definitions

Passive	Accepting or allowing what happens or what others do without active response or resistance
Assertive	Stating your needs and opinions clearly so that people take notice; confidence and directness in claiming your rights or putting forward your views while taking the views of others into account
Aggressive	Inclined to behave in an actively hostile and emotional way

Top tips

