



# Building Confidence: A Teacher Guide

We spend our days trying to build up the confidence of our students, but how do we help develop our own confidence as well?

## Why now?

The last year has presented challenges like no other, and as a result, the profession has evolved like never before. Switching between in person, remote and blended learning has presented a unique set of challenges and brought to light new opportunities to develop our teaching practice. Central to making this a success is making sure that we as teachers feel confident stepping back into the classroom in September.

## What is confidence?

*"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face"- Eleanor Roosevelt*

Confidence is about believing you are valuable, worthwhile and capable. This helps us to face challenges head on, and overcome potential barriers to our work.

While there are certainly some aspects of confidence that we cannot control, a central part of developing confidence in your classroom practice is reflecting upon the choices you make, the risks you take and how to respond to challenges. Part of this is instinctive in teachers, as throughout our training we are encouraged to use deliberate and reflective practice.

However, revisiting some of these techniques throughout our careers, can help give our confidence the extra boost it needs to keep combating the evolving challenges facing the education sector.

# Top tips for building confidence

1

## Celebrate your successes

When times get tough, it can be useful to reflect upon the journey you have taken to get here:

- Identify just one thing that you think went well this week.
  - What made it go well?
  - What can you do to ensure this happens more regularly?

2

## Reflect on challenges

Responding to challenges effectively is the best way to build up your confidence as a professional.

Self-reflection can form a critical part of this:

- What happened, and why?
- What have you done as a result of this?
- How will this influence your future actions, when faced with a similar challenge?

Remember, be kind to yourself!

3

## Set realistic goals

Be careful, not to overwhelm yourself by setting yourself too many goals - the classroom is busy enough as it is!

Select one or two goals to work on, over a fortnight or even a half term.

Use our planner insert, or handy goal tracker to help you set manageable goals.



4

## Seek support from others

Remember that you are not in this alone!

Whether it is speaking to a manager, or chatting with your colleagues, a problem shared is a problem halved!



# Are you confident enough to fail?

When something doesn't quite go to plan, ask yourself the following questions, so that you can learn from your mistakes for next time.

What went wrong?

What stopped me from succeeding?

What could I do differently to increase my chances of success?

How will I approach the task differently next time?

# My Cycle of Success

*Week beginning:*

What are you reflecting on this week?

What happened as a result of this action/event?

What goal are you going to set now?

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