



**B.V. Patel Institute of Business Management, Computer & Information
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A Talk on Confidence Building

Mr. Ankur Desai, Team Leader of Surat Cluster of Videocon Telecommunication Ltd. delivered a talk on **Confidence Building** on 18-09-2015. 60 students of TYBBA and FYMCOM participated in the programme.

Mr. Ankur Desai explained the concept of confidence and importance of confidence. He gave example of positive confidence cycle and negative confidence cycle. He suggested following five powerful ways to boost up the confidence.



- Stay away from negativity and focus on the positivity
- Body language
- Keep trying despite failure
- Be prepared
- List your strengths and keep working on them

He said that confidence works as a self-fueling cycle. He gave examples of famous personalities like Mr. Amitabh Bacchan and Mr. Govinda whose self-confidence had helped them survive their failures and ultimately became successful. It was highly knowledge gaining session for participants.

