

Methodological tool: Confidence test

Work Area Code and Title 22 PA as a manager Unit Code and Title 5.8 Act as a manager Learning Outcome Number and Title LO171: Demonstrate the ability to achieve a goal by belief in self and own capabilities. Objective of the methodological tool After the completion of this activity, participants will be able to:	Number of methodological Tool	EUPANEXT_LO_171_M_001
Learning Outcome Number and Title LO171: Demonstrate the ability to achieve a goal by belief in self and own capabilities. Objective of the methodological tool After the completion of this activity, participants will be able to: Use techniques to build self confidence for greater success at work and in our personal lives Demonstrate the ability to achieve goals by belief in self and own capabilities Approximate Time needed for the completion of this exercise 30 min. Individual or group exercise Individual Group Type of methodological tool Written exercise Group exercise Video analysis Simulation Multiple choice	Work Area Code and Title	22 PA as a manager
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methodological tool 1. Use techniques to build self confidence for greater success at work and in our personal lives 2. Demonstrate the ability to achieve goals by belief in self and own capabilities Approximate Time needed for the completion of this exercise Individual or group exercise Individual or group exercise Simulation Written exercise Written exercise Multiple choice	-	· · · ·
the completion of this exercise Individual or group exercise Type of methodological tool Group exercise Video analysis Simulation Multiple choice	-	 Use techniques to build self confidence for greater success at work and in our personal lives Demonstrate the ability to achieve goals by belief in self and
Individual or group exercise Individual Group Type of methodological tool Written exercise Group exercise Video analysis Simulation Multiple choice	Approximate Time needed for	30 min.
Type of methodological tool Written exercise Group exercise Video analysis Simulation Multiple choice	the completion of this exercise	
Group exercise Uideo analysis Simulation Multiple choice	Individual or group exercise	⊠Individual
 Exercise using ICT Role play Group discussion Case study Creative Group Work 		Group exercise Video analysis Simulation Multiple choice Group exercise with cards Exercise using ICT Role play Group discussion Case study Creative Group Work
Description of the In order to complete this exercise, all participants have to	-	
exercise/Procedure complete the following steps: Step 1. Take the test Step 1. Take the test (https://www.mindtools.com/pages/article/newTCS_84.htm) Step 2. Write down a self-confidence improvement plan based on the results and the training materials. Step 3. Write how this improvement will impact your career. Be specific Step 4. Discuss in class	exercise/Procedure	 Step 1. Take the test (<u>https://www.mindtools.com/pages/article/newTCS_84.htm</u>) Step 2. Write down a self-confidence improvement plan based on the results and the training materials. Step 3. Write how this improvement will impact your career. Be specific
	Exercise is accompanied by	-

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Exercise solution	-
Other comments to the trainer	-

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