

## Methodological tool: Confidence test

Number of methodological Tool	EUPANEXT_LO_171_M_001
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: <ol style="list-style-type: none"> <li>1. Use techniques to build self confidence for greater success at work and in our personal lives</li> <li>2. Demonstrate the ability to achieve goals by belief in self and own capabilities</li> </ol>
Approximate Time needed for the completion of this exercise	30 min.
Individual or group exercise	<input checked="" type="checkbox"/> Individual <input type="checkbox"/> Group
Type of methodological tool	<input checked="" type="checkbox"/> Written exercise <input type="checkbox"/> Group exercise <input type="checkbox"/> Video analysis <input type="checkbox"/> Simulation <input type="checkbox"/> Multiple choice <input type="checkbox"/> Group exercise with cards <input type="checkbox"/> Exercise using ICT <input type="checkbox"/> Role play <input type="checkbox"/> Group discussion <input type="checkbox"/> Case study <input type="checkbox"/> Creative Group Work
Description of the exercise/Procedure	<p><b>In order to complete this exercise, all participants have to complete the following steps:</b></p> <p><b>Step 1.</b> Take the test (<a href="https://www.mindtools.com/pages/article/newTCS_84.htm">https://www.mindtools.com/pages/article/newTCS_84.htm</a>)</p> <p><b>Step 2.</b> Write down a self-confidence improvement plan based on the results and the training materials.</p> <p><b>Step 3.</b> Write how this improvement will impact your career. Be specific</p> <p><b>Step 4.</b> Discuss in class</p>
Exercise is accompanied by	-

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Exercise solution	-
Other comments to the trainer	-

