

Expert's technique can lead to confidence enhancement

June 1 2016, by Mike Addelman

A new book developed by a University of Manchester expert could be a boost for Brits who suffer from poor confidence.

Davina Whitnall, a skills trainer, says the often hidden problem can cause misery at home and in the workplace for millions of people at some stage in their lives.

After studying the problem for 6 years , Ms Whitnall has devised a 90-page guide, based on her work with PhD students called Confidence ketchup: pour on the confidence condiment.

By examining [survey data](#) between 2011 and 2015, the trainer identified how confidence was a recurring theme not only for many postgraduates, but for the public as a whole.

And working through the book, she argues, will give readers a noticeable- and measurable – confidence boost through motivation and support.

She said: "It's surprising the sort of people who are affected by confidence: journalists, for example can be confident at work, but not in other contexts.

"Indeed, poor confidence has long been a problem for many; over recent years, the political spotlight on mental health and stress has meant that we are becoming more open about it."

She added: "The method I have developed is unusual in that it's very quick to learn, uses a system of self-measurement and teaches you to isolate confidence from the social stigma of low competence.

"There are plenty of competent people out there who are being held back from achieving because they lack [confidence](#).

"Confidence enhances an individual like ketchup – hence the name or the book. The more you practice being confident, the better you get at it: if you do think this is a problem for you, maybe it's now time to think about changing."

More information: A free confidence assessment is available here: payhip.com/b/mjvk

Provided by University of Manchester

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