

Confidence Building Resources

You may be interested to know that the BBC ran a series of Confidence Building Laboratories, which were broadcast in January and February 2001. These programmes are repeated from time to time but it is not possible to buy the programmes on CD or DVD. The presenters of the programme, however, did set up a link to the BBC web-site below.

The following link should take you to the BBC interactive 'Get Confident' zone - <http://www.bbc.co.uk/health/confidence/learn/> If you click on this, you enter a seven-part programme full of tips and ideas. Try interactive questionnaires etc. You can also watch brief video clips of the programme. Recommended!

Paper based references:

Confidence Works: Gladeana McMahon Sheldon Press. 2001 £7.99

Learn to be your own Life Coach. A paperback with basic sections on: A confident manner, ways to help your thinking style, feelings, actions and life planning. Simply presented.

Confidence in Just 7 Days: Ros Taylor. Vermillion 2000 £7.99

The book that came out of the BBC series. Again, interesting ideas that can help you build confidence. Whilst the title is inspiring, it does take time and practice to become more confident and the title belies the hard work that the book suggests.

Coach Yourself to Confidence Wendy Bristow. Thorsons. £6.99

This is a more popular based psychology/self help book, published in association with Cosmopolitan. Full of ideas again. Probably more basic than the two mentioned above. A good but brief section on relationships.

Feel the Fear and Do It Anyway. Susan Jeffers. 1987 Arrow. Around £6.

How to turn fear and indecision into confidence and action. This book has been around a long time and keeps being reprinted so clearly some people are finding it helpful.

Assertiveness at Work: Ken Back and Kate Back. 1982, 1991 McGrawHill. £10.99

A practical guide to handling awkward situations. Lots of useful information about how you handle others, including aggressive people, difficult situations and how to negotiate. An excellent book for life, not only for working situations.

A Woman in Your Own Right. Anne Dickson. 1982 Quartet Books. £6.00

Assertiveness and you. Ways of communicating and building self-esteem. Women round the world have found this book helpful. A classic!

"Helping Adolescents and Adults to build Self Esteem" by Deborah

Plummer, pub by Jessica Kingsley. (£18.00 on Amazon + p & P)

'365 Steps to Self Confidence', David Lawrence Preston (Oxford: How To Books, 2001) (£6.59 on Amazon + p&p)

Many book providers including Amazon.co.uk also have a long list of other books on confidence, assertiveness and self-esteem that come up when running a search on their site. Sometimes there is a précis about each book and ratings of how well thought of they have been from past readers. Your local community library or the University library might also have some of these books, or be able to get them from other libraries.

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