

---

---

# Developing Confidence, Credibility & Composure

---

---

## Developing Confidence, Credibility & Composure

By Kathleen Gage

Confidence, credibility and composure is a big key to success for virtually every walk of life. Our level of confidence, credibility and composure plays an important role in how others perceive us. In order to have confidence, credibility or composure, you must first have a high self-esteem. Our esteem can go up and down. People with a fairly low self-esteem base their feelings on what is happening outside themselves. If things are going well, then their esteem is high. If things are going poorly, their esteem will be low. We will be in a constant state of fluctuation if we base our esteem on what is happening outside of us.

A major key to maintaining a high self-esteem is to build a solid foundation within ourselves so that no matter what is happening around us we feel good about who we are at any given moment. No matter how our day went we can say “I did a good job”. No matter what another person did or did not say, did or did not do to us, we can feel good about who we are.

Another element in maintaining high self-esteem is to continually learn new skills. Think back to the first time you drove a car. You probably didn’t have a very high level of confidence, nor did you have the kind of composure as someone who has been driving for several years. To top it all off, your credibility as a driver was not at an all time high. Even though there are some people who may have thought they had credibility, chances are other people could see right through them. It was with

practice and continued learning that they became a credible driver.

It’s the same with anything we do. Many people won’t even attempt to learn something new for fear of failure. Unless you are willing to try something and not succeed the first, second, third and even fourth time you will not gain the level of credibility you are truly capable of. Some people “fail” dozens of times at something before they “succeed”. The more you are willing to risk, the more skills you will gain and the higher your level of confidence will be.

Think back to a job you started or a project you worked on where you didn’t have a lot of knowledge. Your skill level was not developed for the task at hand. You may have been extremely frustrated and your self-esteem was rather low because of this. You probably struggled for some time, and yet once you made the effort to learn the skills, you felt better about yourself. By learning the skill you had more confidence. By having more confidence, you gained more composure. Having more composure gave you even more credibility. The three seem to go hand in hand. When we have confidence it appears as if we have credibility. And when we have credibility our composure will be more apparent.

The third aspect is a physiological power base. This has to do with the way a person carries themselves. How you carry yourself either gives you confidence or takes it away. There is an actual chemical reaction in the body based on how we carry ourselves. Also, our thinking patterns change based on how we hold our bodies and our breathing.

Another factor to consider is that the way you present yourself physically has a great deal to do with whether others perceive you as someone who is credible or not.

It may be difficult to combine all three factors to present yourself as someone who is confident, credible and composed. In some situations you may have to “fake it until you make it,” which means performing the task at hand as if you really knew what you were doing. This may work very well at first. The “fake it until you make” method has to do with confidence rather than credibility. When it comes to your credibility you want to definitely have the skills required. Perhaps the time where you may have to bluff a bit until it becomes comfortable is when you walk into a room full of people and you’re not feeling very confident. Walk in as if you have a lot of confidence. There is a good chance other people will believe that to be true about you.

Contact information:

Kathleen Gage

563 East Stratford Avenue

Salt Lake City, UT 84106

801.466.3630

[kathleen@turningpointpresents.com](mailto:kathleen@turningpointpresents.com)

[www.turningpointpresents.com](http://www.turningpointpresents.com)