

watchwellcast (YouTube Channel), "How to Be More Confident"

Introduction

- 1) Are you a confident person?
- 2) In what situations do you lack confidence?
- 3) What can someone do to improve their confidence?

Video

Watch the video on being more confident for the first time and complete the sentences below with the missing words.

"Life's pretty nice for these kinds of assertive people; they usually end up with the _____ seat on airplanes, the last slice of _____ and a cubicle that's not by the _____."

"Saying what you want or what you _____ when you are around a lot of people can be really difficult."

"Once you know what your priorities are it'll be easier to _____ for them."

"Don't be passive-aggressive or coy; it's _____."

"If a waiter brings you a kale salad and you ordered a _____, don't wait until the end of the _____ to under-tip, have him send it back."

"If you're honest and direct rather than waffley and underhanded, things are more likely to _____ in your favor."

"If you act assertive you will start _____ assertive."

"Don't thrust your _____ forward or slump; you look like you're _____ for yourself."

"Don't dart your _____ about; it's going to look like you've got something to _____."

Now you have completed the statements, what do you think about them? Do you agree or disagree with the advice?

Match some of the vocabulary from the video in the first column to their opposites in the second column:

broad (adj.)	leave in peace
coy (adj.)	aboveboard/fair
hide (v.)	direct/to the point/straightforward
nag (v.)	sit up straight
slump (v.)	specific/narrow
speak up (v.)	show/uncover
underhanded (adj.)	keep quiet
waffley (adj.)	unshy/outspoken

Now watch again and put the words above in the order they are used in the video.

Grammar - Being Assertive

The video shows us a number of ways to talk to people in an assertive manner:

"I want this."

"Please do not touch anything on my desk."

"It smells in there, are you flushing?"

"I know you didn't wash your hands."

"I feel like I've been doing more than my fair share of the dishes lately. I'm pretty tired when I get home from work, could you help me out?"

One grammatical construction that is very useful in this situation is as follows:

subject	+ verb (want, need, would like)	+ object	+ verb (infinitive)
I	want	you	to clean the dishes.
I	need	you	to wash your hands.
I	would like	you	to not touch my things.

Speaking - Assertive Role-Plays

You are going to simulate confrontational situations you might find yourself in at work. First prepare the table below and when you have finished, conduct your role-plays.

Problem	Statement (use grammar above)	Why?
Colleague takes personal telephone calls at work.	I want you to not take personal calls at work...	...because it is distracting when I am trying to concentrate.