## Building Confidence

<table>
<thead>
<tr>
<th>Describe the situation</th>
<th>Things you remembered to do</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Realistic thought</td>
</tr>
<tr>
<td></td>
<td>Strong eye contact</td>
</tr>
<tr>
<td></td>
<td>Good posture</td>
</tr>
<tr>
<td></td>
<td>Clear voice</td>
</tr>
<tr>
<td></td>
<td>Being polite</td>
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<td></td>
<td>Staying calm</td>
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- Good posture
- Clear voice
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- Staying calm

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