



# EARLY CAREER HELP

Educational and Career Consultancy Services

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## NEEV-2: MODULE 9

### CONFIDENCE, BODY LANGUAGE & VOICE

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**EARLY CAREER HELP'S**

**NEEV**

Nurture | Enlighten | Evaluate | Victory

GUIDANCE PROGRAM

# NEEV-2

For Students of Class 6-9



HELPS YOUR CHILD STAY  
FOCUSED, BUILD CLARITY,  
MANAGE TIME, AND PLAN  
THEIR CAREER AHEAD

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**Dr. Nirbhay Kumar**  
Educational Consultant

 **“Confidence comes not from always being right but from not fearing to be wrong.” – Peter T. McIntyre** 

-  Practice posture, eye contact, and clear voice
-  Roleplay public speaking & storytelling
-  Learn to introduce yourself confidently
-  Positive self-talk daily
-  Reflect on achievements (no matter how small)
-  Record & review your communication
-  Dress with confidence, express yourself
-  Confidence = practice + acceptance

 **Speak up, stand tall, and shine.**

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# Why Confidence Matters

- ❑ Confidence affects how others see you 🤝
- ❑ Helps in public speaking, group tasks & exams 🎤 📚
- ❑ Builds resistance to peer pressure 🧒♂️ 🧒♀️
- ❑ Confident teens grow faster by taking chances 🚀💡

  
**Confident teens take more chances and grow faster**

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## What is Body Language?

Posture shows how you feel



Eye contact builds trust

Facial expressions speak your mood

Gestures support your words



Respecting personal space shows awareness



Your body often “speaks”  
louder than words

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## Power Poses to Boost Confidence

- Stand tall with hands on hips = "Wonder Woman pose"   
- Sit straight with relaxed shoulders   
- Smile genuinely  

  
Power poses can change your  
brain chemistry!

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 **Voice Matters Too** 

**Speak in a clear tone** 

**Keep a moderate pace** 

**Use appropriate volume** 

**Pause to highlight key points** 

 **Practice reading aloud or record yourself often!** 

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# Overcoming Stage Fright & Shyness

- ✓ Prepare thoroughly  
- ✓ Visualize your success  
- ✓ Start with small audiences 
- ✓ Use positive self-talk: "I can do this!"  

 Remember:  
Fear is normal—  
courage is the answer!

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## Building Confidence Daily

- ✓ Set small daily challenges 
- ✓ Celebrate every little win  
- ✓ Learn from mistakes without guilt   
- ✓ Surround yourself with supportive friends  

  
**Confidence grows  
step-by-step!**  


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## Role of Feedback

- ✓ Ask for helpful feedback   
- ✓ Listen without getting defensive   
- ✓ Use feedback to improve consistently  
- ✓ Stay away from toxic criticism

  
**Feedback**  
=  
**Fuel for improvement!**

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## Practical Exercises



- ✓ Practice talking to yourself in the mirror  
- ✓ Tell stories to family & friends  
- ✓ Join debate, drama, or sports clubs  
- ✓ Take chances to speak in class



The more you speak, the more confident you get!

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## Tips for Parents & Students

 Parents please:

- Encourage public speaking at home 
- Appreciate the effort, not just results 
- Model confidence through your own actions 

### Dear Students

"Confidence is not a gift—it's a skill that grows through daily action, kindness to self, and courage to try." 

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## VALUES, ETHICS & DECISION-MAKING

-  Know right from wrong through examples
-  Respect, honesty, kindness as daily actions
-  Reflect before acting
-  Think about consequences of choices
-  Learn to say “No” to peer pressure
-  Support others, stand up for truth
-  Learn values through stories & heroes
-  Right choices = strong future

 **Build character, make wise choices.**

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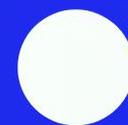
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