



# Confidence at Work: Get It, Feel It, Keep It

*Ros Taylor*

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## **Confidence at Work: Get It, Feel It, Keep It** Ros Taylor

Confidence is the foundation of success. While many of us have learnt to fake it to limited affect, how many of us can say that we have cultivated self-belief from within? Confidence at Work takes you on a journey of self discovery. Beginning with an in-depth questionnaire to understand your 'confidence quotient', it encompasses the theories and insights of leading psychologists, including Daniel Goleman and Tony Buzan. Including twenty case studies of successful people from all walks of life and tackling issues such as influencing skills, emotional capability and finding your voice, Confidence at Work will help you create your own personal brand and excel in your career.

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