

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Self-Esteem and Confidence

Unit Reference Number: R/615/8078

Level: Level One (1)

Credit Value: One (1)

Minimum Guided Learning Hours: 9

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about the impact of confidence	1.1 State the benefits of being confident
	1.2 Outline how confident behaviour might influence others' perceptions of an individual
	1.3 Outline how lacking confidence might influence others' perceptions of an individual
2. Know what is meant by self-esteem	2.1 Define self-esteem
	2.2 Identify factors that affect self-esteem
3. Understand ways of building confidence and self-esteem	3.1 Identify ways of building confidence and self-esteem
	3.2 Outline a situation where they lack confidence
	3.3 Identify how confidence building strategies could be applied
	3.4 State the potential impact of using confidence building strategies in a given situation