

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Self-Esteem and Confidence

Unit Reference Number: L/618/1228

Level: Entry Level One (1)

Credit Value: One (1)

Minimum Guided Learning Hours: 10

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about confidence as an outward expression	1.1 Communicate what confidence means
	1.2 Communicate about a time you were confident
	1.3 Communicate how being confident made you feel
2. Know what is meant by self-esteem as an inward emotion	2.1 Communicate what self-esteem means
	2.2 Communicate at least one good personal attribute about yourself
	2.3 Identify how that attribute(s) makes you feel
3. Understand ways of building confidence and self-esteem	3.1 Communicate a way of building confidence and self-esteem
	3.2 Communicate a situation where you lack confidence
	3.3 Communicate a situation where you lack self-esteem
	3.4 Communicate a confidence building strategy that could be applied
	3.5 Communicate a self-esteem building strategy that could be applied