

# Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** Self-Esteem and Confidence

**Unit Reference Number:** T/618/1238

**Level:** Entry Level Two (2)

**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 Identify what confidence means
	1.2 Give at least two examples of times 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 Identify what self-esteem means
	2.2 Outline at least two good personal attributes about yourself
	2.3 Communicate how these attributes make you feel
3. Understand ways of building confidence and self-esteem	3.1 Identify a way of building: a) confidence and b) self-esteem
	3.2 Outline a situation where you lack confidence
	3.3 Outline a situation where you lack self-esteem
	3.4 Identify a self-esteem building strategy that could be applied