

How do you feel about public speaking?

72 responses



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RESEARCHERS IN MOTION

How have you overcome one of your fears?

by exposing to it in a
controlled environment

I said yes and I did it
without overthinking

Trying multiple times

Talk to friends/family

Practice a lot
Motivation
and support from others

I pushed myself to do it.

Trying and see what
happens

Volunteering for oral
presentations

How have you overcome one of your fears?

Practise and try little by little

Training and preparing harder

Accepting the fear

Go outside confort zone.Talking to other's

Stop thinking

Practising

Telling me that I have done more difficult things

Reflect, pray, and practice

How have you overcome one of your fears?

Self-conviction

By preparing myself
previously....

By thinking of solutions to
the situation

Practice a lot

I tell myself it will be worth it
and after I will be happy that I
did it.

3,2,1, go, no thinking

Avoiding a direct start

Face with them and
practice different
attitude towards them.

How have you overcome one of your fears?

Pushing myself to ask questions when I believe I'm the most inexperienced in the room

Practicing

Get encouragements from others

rehearsal

I remind my past memory with friends to boost my strength to overcome the fears

JUST DO IT.

Deep breathing

Preparing and practice

How have you overcome one of your fears?

Just do it :)

Knowing it is rewarding

Try. Mistake. Correct.
Repeat.

By challenging myself
trying to practice new
things

Rehearse

What can you do to improve the situations that make you feel nervous?

Practicing

Prepare myself better

To lead the situation.

Practice

Practice and be
prepared

Try to understand why I
feel nervouse

Breathe in, breathe out.

Breathe, prepare, have
social support

What can you do to improve the situations that make you feel nervous?

Plan ahead

Breath out

Stiding

Try to find out as much in advance as possible

Practice it before doing it for real

Prepare, practice, positive thinking

Try. Mistake. Correct. Repeat.

Ask questions to others

What can you do to improve the situations that make you feel nervous?

Practice

Mentally in spiritually
preparation.

Concentrate on your own
breath

accept imperfection

Meditation

Breathe to calm down

Look at other people
while remember they also
are human being

Studing

What can you do to improve the situations that make you feel nervous?

repeating, focus on
yourself and your goal

I remind myself nothing
serious is going to
happen if I fail

Breathing and calm down

Don't care about
reactions too much

Superman pose

Mindfulness

Put my self in it anyway,
but don't surrender

Sleep well the night
before

How can you transform a challenging experience into a positive lesson and opportunity for growth?

Seek advice

This seems long-answer question.

See the advantages

By trial and error

Ask constructive feedback

Learning how can I don't better next time

By facing our fears.

Reflection and feedback

How can you transform a challenging experience into a positive lesson and opportunity for growth?

Make analysis and conclusions

If you have negative experiences in the future, you can think "at least its not as bad as that one time"

Accept that it was challenging and see opportunities and make a plan

Could be worse

Recognizing that you may make mistakes, and learn from them

Making notes about the mistakes I made, to learn about it

Learn from it, reflect on what you can do differently next time

Art of AFFIRMATION.

How can you transform a challenging experience into a positive lesson and opportunity for growth?

By self awareness

Allowing myself to make mistakes

Find the reasons that makes it challenging and then to overcome them for + experience

List the positive points

Ask myself what I vot az lezzon from this situation - good and bad things

Learn from reflection on experience

I will view this experience from POV of positivism

Trust, that experience happened because it was needed for growth. And accept that life is good in any way:)

How can you transform a challenging experience into a positive lesson and opportunity for growth?

wisdom is requered...

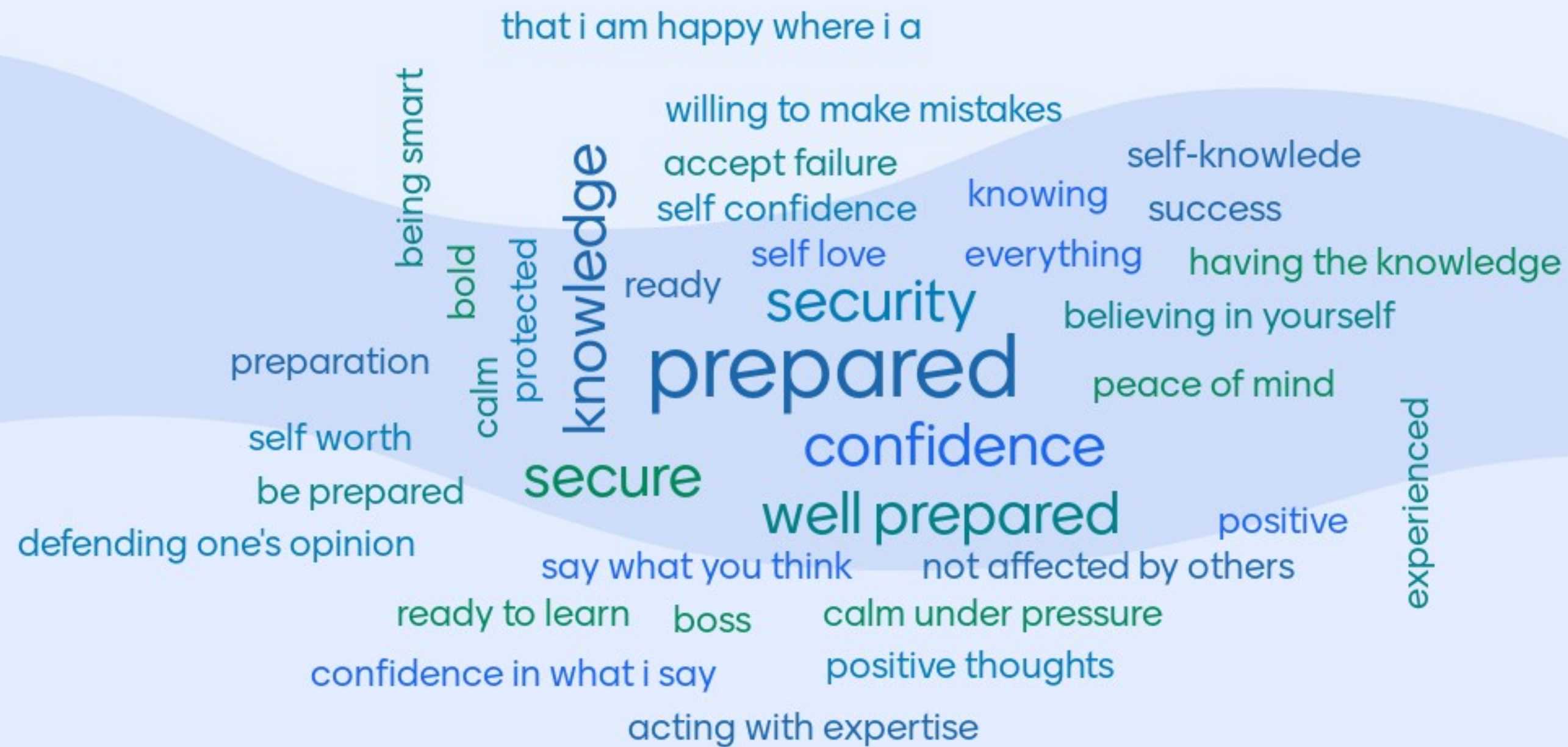
Accept truth.

Analysis with an
analytical mind

I'VE GOT THIS.

What does feeling self-assured mean to you?

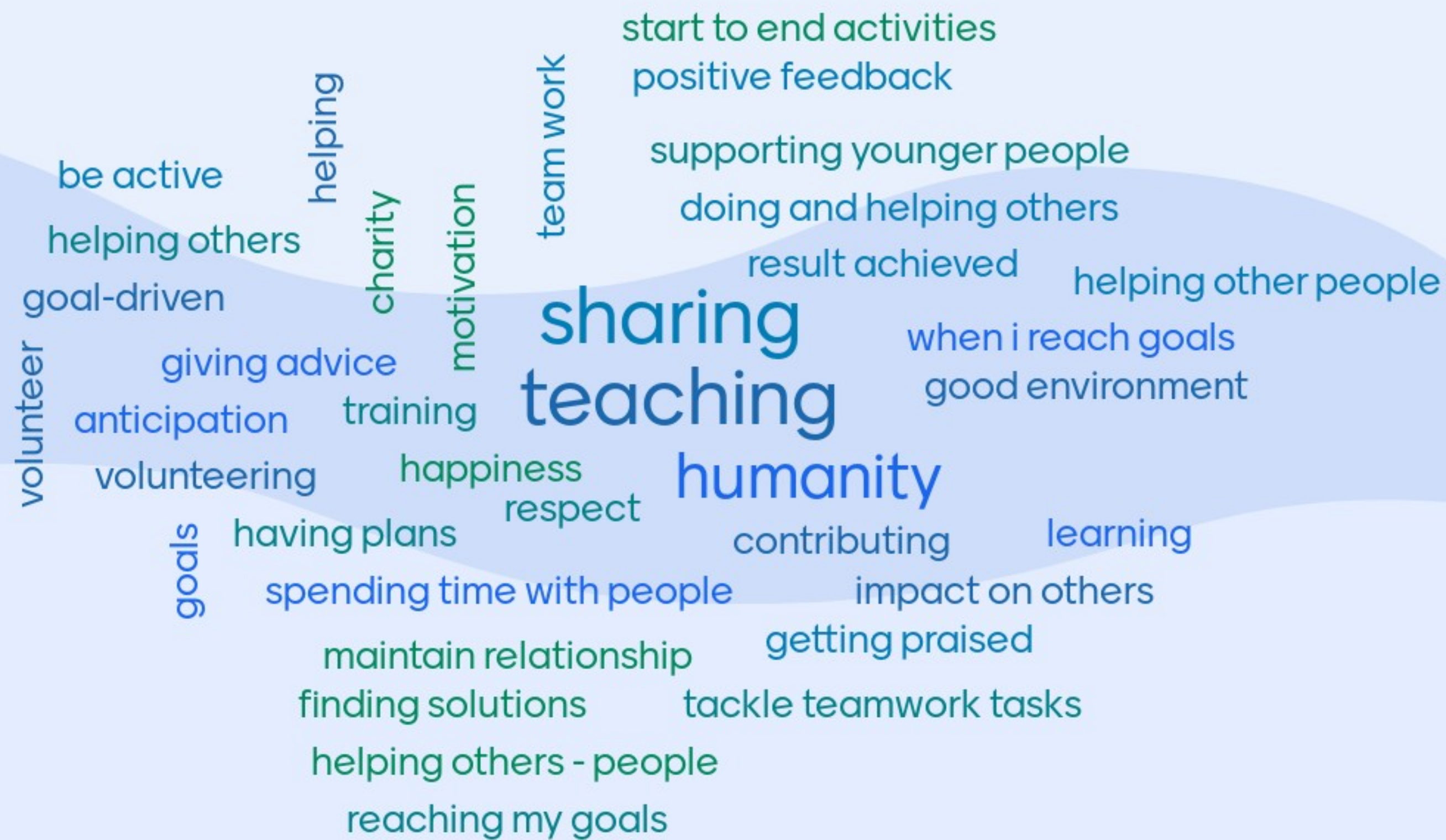
45 responses



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What actions and activities make you feel purposeful?

42 responses



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RESEARCHERS IN MOTION

How can you contribute to others feeling confident and capable?

Feedback

Give praise

Inspiring

Motivation

Telling them how good
they are

Collaboration

Compliments, support,
listen

Support them, smile

How can you contribute to others feeling confident and capable?

Supporting

Praising them

Make complements

Tell them that they are
doing great

Collaboration

Encouraging them. Giving
them feedback in a
respectful way.

Recognize other's
achievements

Support

How can you contribute to others feeling confident and capable?

Realistic compliment,
supportive feedback,
help

Congratulate them for
their effort

Support

Ask for response on
critical situations

They are doing enough
and great

SMILING

Smile and nod when they
are presenting!

Encouraging

How can you contribute to others feeling confident and capable?

Constructive feedback,
motivating them, support
and praise

Recognize and
collaboration

Helping others

Neutrality

Positive feedback

listening

Talking and sharing
experiences.

What can you say to a close friend or family member that struggles with their confidence?

You can do it

Keep trying

Look for help

All will be good soon.

Listen first

You are good at this

Understand the reason
behind it

You are great as you are

What can you say to a close friend or family member that struggles with their confidence?

You are better than you think.

Find an activity to relax, and then continue working

What are your current achievements

Dare more

He or her should believe in him/her self

How can I help

Keep moving

Encouraging them

What can you say to a close friend or family member that struggles with their confidence?

Just face it, you strong

Show them a case when they did great

Compliment them, support and praise them, offer help

gentle with yourself

I am here to hear you and analyze the situation together

Limiting beliefs removal

No judgment

Encourage that he can and is able to do anything

What can you say to a close friend or family member that struggles with their confidence?

YOU HAVE SOMETHING
TO OFFER.

You are important

Keep working

You have been preparing
yourself, so you can do it

Support them in a nice
and constructive way

What small steps could you take daily to increase your self-confidence?

48 responses



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RESEARCHERS IN MOTION

How can you identify yourself as a leader?

No way

If people listen to me

My empathizing others

I start things and lead people

People listen to your ideas

Sharing my ideas

Take charge but give everyone space

Listening to other's needs

How can you identify yourself as a leader?

I don't

A serious leader

Taking lead position in
organization and social
event

Be well-prepared,
delegate, communicate
clearly

Yes, but being a leader is
also the way that the
others see you

Rational, optimistic,
people person

Being open minded

Stop complaining. Take
situation best as possible

How can you identify yourself as a leader?

Understanding people
and their needs

Motivate others

Easy - beco.e mom and
this is it - yoh are a
leader:-)

Inspire

Helping other people to
achieving

Helping Humans

Listening

build team and experise

How can you identify yourself as a leader?

Do the work in advance

Can connect each other
in order to make
collaboration

Analyze the situation at
time

Facilitating Growth.

Endorse responsibility in
different organization

I talk to all and I hear from
all.

Identify and foster
individual strenght

How will you keep your focus on developing your intention of building and developing your confidence on a daily basis?

Diary

By trying

Schedule an hour to do
so

Establish a daily routine
that will make me feel
good about myself

Being constant with my
goals

Set goals

Celebrate also small
goalsLike in sports

Being Purposive.

How will you keep your focus on developing your intention of building and developing your confidence on a daily basis?

Keeping goals simple and achievable

Continuated education

Calendar reminder

Self help apps

Trying new things and prepare

I will tell myself I can cope with problems

learn from the mistakes

Realistic short term goals, good time management

How will you keep your focus on developing your intention of building and developing your confidence on a daily basis?

Reinforce my good skills
and work on my
weakness

Take courses on personal
development

Do one easy positive
thing each day

Evaluation and improving
on daily basis

Diary and consulting with
other that already had
experience

UPSKILLING

What should you do the next time you feel insecure or like you're not good enough?

41 responses

remind why you are doing
 practice self compassion
 think about my skills
 prepare better
 identify reasons
 accept limitations
 listen to the thought
 its an opportunity
 think of strengths
 to be yourself
 breath out
 listen to the
 reach out
 embrace it
 it is unfounded
 evaluate the thought
 take a step back
 try to reflect
 breathe
 ask why
 ask for help
 reflect
 smile
 express it
 bounce back and move agai
 better next time
 calmness
 learn more
 speak up
 ask people for help
 confidence
 rethink my goals
 remember what you've done
 remember my strengths
 think of the skills
 question your thoughts
 take a break and reflect
 look what you have done
 remember my achievements



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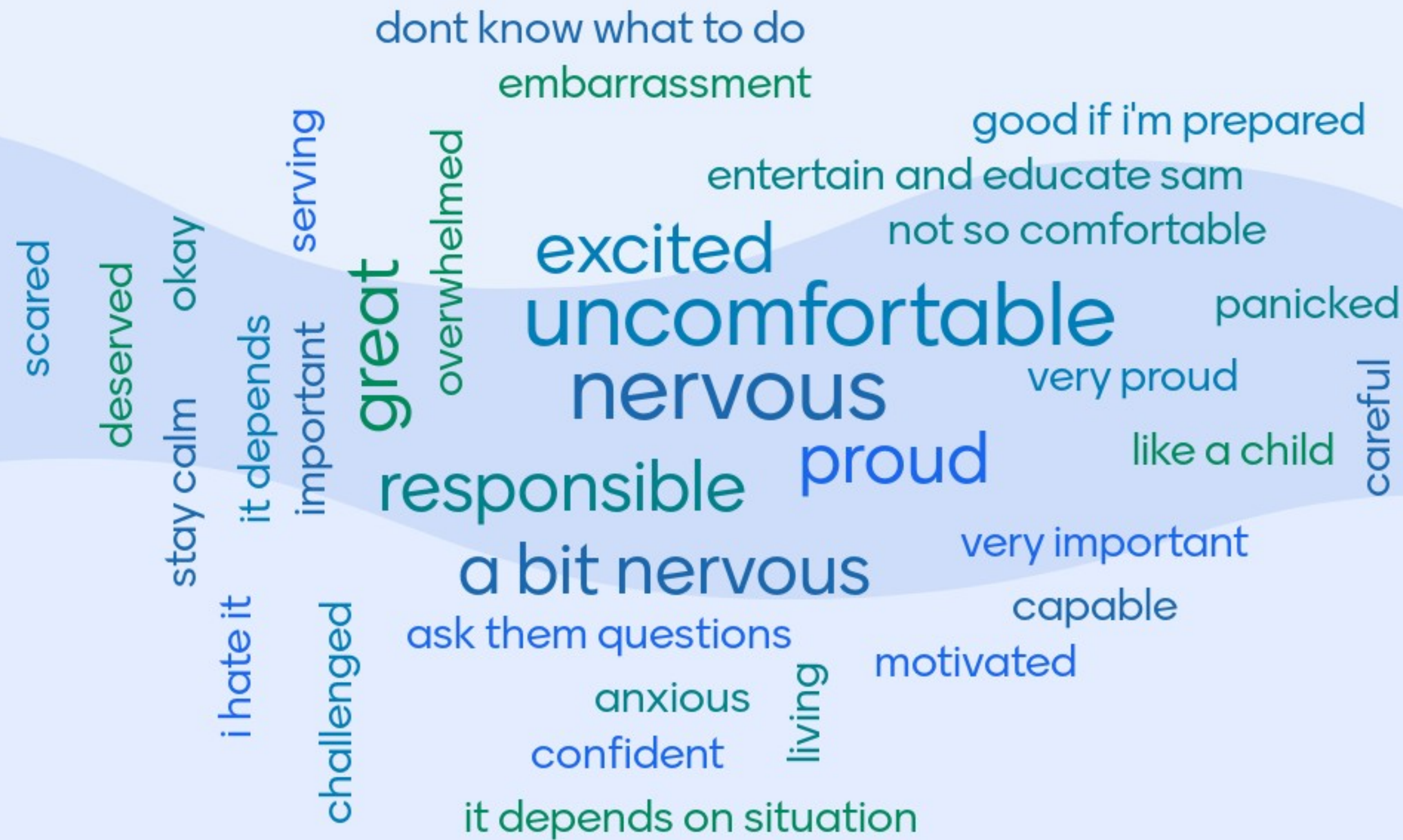
How does other people's success make you feel about yourself?

45 responses



How do you feel when you have to be at the centre of attention in front of others?

43 responses



Rate how you feel on the scale of 1 to 10?

