

Social Intelligence with Louise Anne Maurice

Self Efficacy: What is Self Efficacy

Take your responses from your Part 2 Self-Awareness Exercise to complete the Part 2 Self-Efficacy Exercise .



EXERCISE: What did your self discovery show you? What beliefs do you have about your ability to be successful? Do these beliefs support you in being visible or hold you back? From these beliefs, what actions do you take? What is the typical destination? What clues are at this destination? What do you typically say? What's it worth to take different actions? What are you missing? What's your plan? What first step can you take to change your belief about yourself in social settings?



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