

KOZI ZA KUSALIA WATU KUONGEA HADHARANI BILA WOGA



ChuoSmart

BELIEVE IN YOURSELF

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A woman with blue hair in a ponytail, wearing a pink apron and blue gloves, is painting a wall. She holds a paintbrush in her right hand and a bucket of blue paint in her left. The background is a pink wall with a white grid pattern. There are also some decorative elements like a smiley face and a barcode in the top right corner.

Kuelewa woga wa kuongea hadharani
Sababu za woga

- Jinsi ubongo unavyofanya kazi wakati wa hofu
- Namna ya kuudhibiti



WHAT IS CONFIDENCE?

Mbinu za kujenga kujiamini

- Body language
- Eye contact
- Power poses
- Mazoezi ya kila siku ya sauti na ujasiri

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jenzi wa hotuba bora

- Jinsi ya kuanza kwa nguvu
- Kutumia hadithi (storytelling)
- Kuafanya watu wasikie na wakumbuke

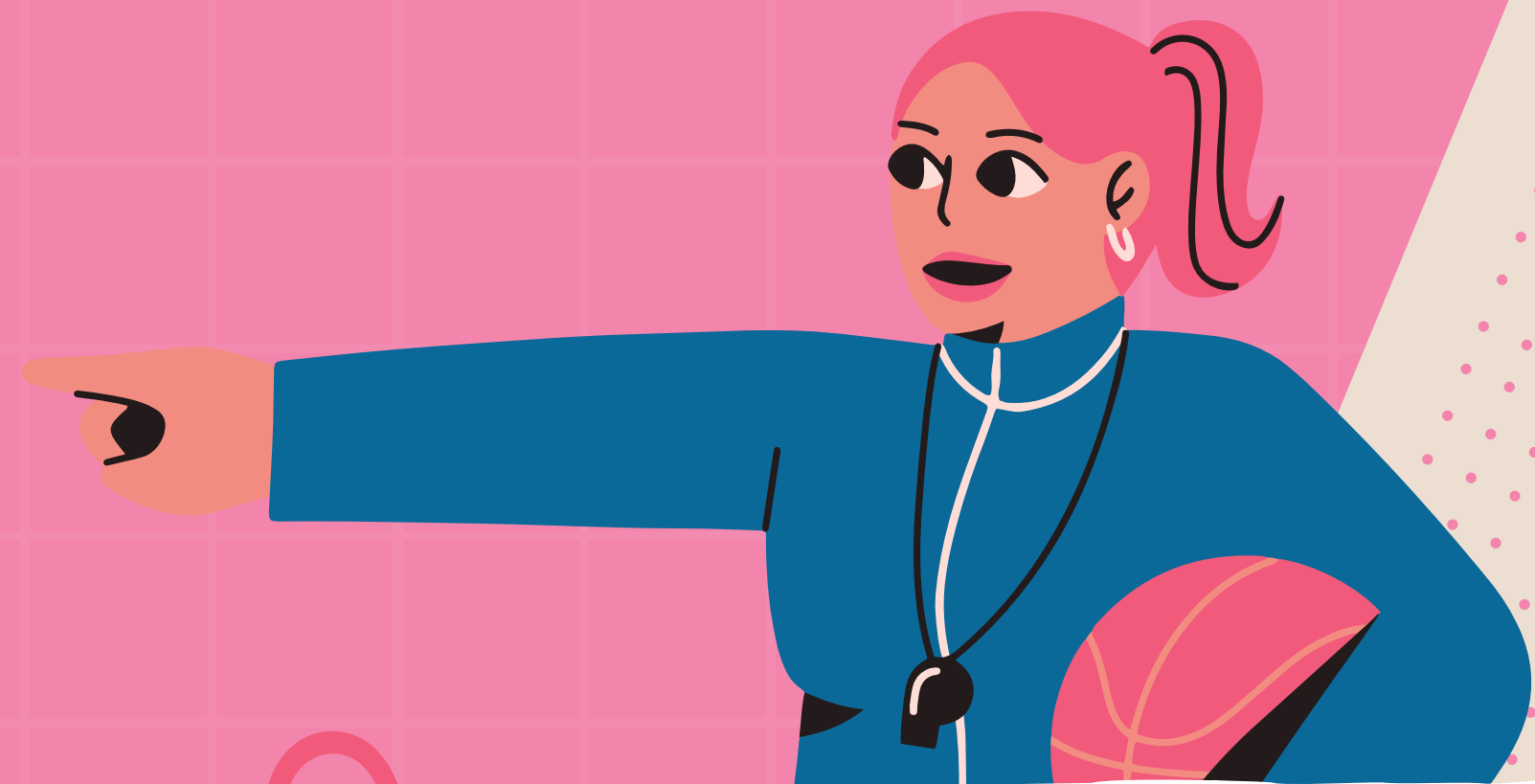
BUILDING CONFIDENCE

- Breathing techniques
- Kudhibiti tetemeko la sauti
- Kujenga intonation na tone la kuvutia



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OVERCOMING SELF DOUBT

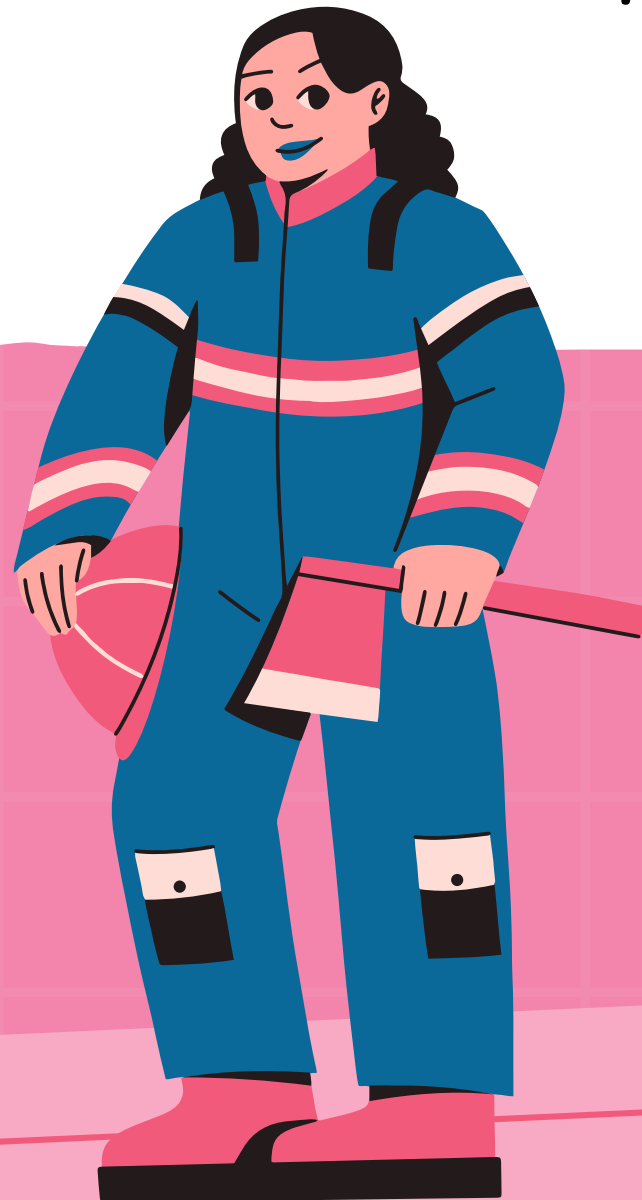


- Hotuba za dakika 1, 3, na 5
- Kurekodi video na kufanya review
- Feedback ya moja kwa moja

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CONFIDENCE IN LEARNING

- Harusi
- Shule
- Mikutano ya kazi
- Mahubiri & MC skills



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CONCLUSION

Being confident helps you grow, succeed, and be happy. It starts with believing in yourself and practicing courage every day.

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“WITH CONFIDENCE,
ANYTHING IS POSSIBLE.”

