

Capstone Abstract

Alexandra Landry

Purpose: What is confidence? Is it this mysterious subject that individuals aim to have but may not know how to get it? Is it the ability to do something challenging with ease? Is it to know one is enough just as they are? Confidence is something humans strive to have. Humans can have it, lose it, gain it, or fake it. This capstone project aims to discover what confidence is, where it comes from and how it can be used in different areas of our lives. Our lives can change for the better, the more confidence one has. By embodying confidence, one can go through life with ease, compared to another who may lack confidence. Not to say that obstacles and challenges are different, but how one responds and navigates those are different. This capstone project will act as a guide to help others by exploring where they may have their own confidence, or lack thereof, and how to build their confidence.

Background: Looking to other sources on how to build confidence, there are many books, podcasts and TedTalks to pick from. Confidence is a topic that many have explored. Confidence is like a fingerprint, personal to every person. Everyone can have different amounts of confidence in different areas of their life. Whether in the professional world, our relationships, or feeling confident in our own skin, every person has their own journey with confidence. Everyone can all have it, lose it, gain it, fake it, constantly throughout our lives. On social media, “influencers” can help others be more confident at the gym by giving workout tips, confident in the kitchen by providing recipes, confident in relationships by giving advice. Social media can also be detrimental to one’s confidence. Alexandra Cooper explores in an episode of Call Her Daddy, “Social Media Ruined My Life”. Negative comments and hurtful direct messages were becoming overwhelming. She took control back by turning off the comments and spending a significant amount of less time on social media. Langas and Zias talk about the challenge of making friends as an adult in one episode of Confidence Collection. The two acknowledge that we all have so much going on in our lives as we grow older that it can be difficult to be vulnerable and open up to someone new, when trying to make a new friend. One Instagram account “Sarah’s Day” is owned by a 28-year-old Australian, who’s catch phrase is “act confident and no one will question you”. By following all the little pieces of advice these creators share, one can build their confidence to empower themselves and perhaps inspire others.

Research Question: What is confidence and how does one get it? This capstone project will explore how confidence can be found, used and helpful in different areas of life: personal experience, relationships, professionally, etc.

Method: The podcast platform “Anchor” will be used to record the different episodes and published online for others to listen. Preparation for each episode will include listening to other podcasts and reading books on the subject, as well as journaling on personal experiences within that episode’s topic. Each episode will be recorded in its entirety in one sitting. As to remain true to the confidence theme, each episode will not be edited or scripted. It will contain a “stream of consciousness” style of speaking and uploaded as is. This will allow the listener to feel as though they are part of the conversation.

Discoveries and Future: The process of creating a podcast was new, challenging and fun! My very first episode ever recorded was lost to cyberspace due to an accidental delete. After listening through and making note of where the “uh”, “ums” and awkward silences, I had every intention of editing it to make it a seamless listen, a beautiful piece of work. But I clicked the wrong button and the entire recording disappeared. After a moment of frustration, I realized the only thing to do was re-record. Then I saw it

as an opportunity. Afterall, I was going to be speaking about how to be confident. Shouldn't I be confident in my delivery and product? So, then I had the idea to record these episodes and click "upload". There was no editing, there was no perfection. What you hear is what you get, just like me, what you see is what you get. These episodes were recorded almost a year ago from the day I'm writing this. I have not continued these episodes, as I had originally thought I may. But after listening to them again and reflecting, it's powerful to see how much I've grown in just one year. If I were to continue with the podcast and make it a hobby, there are so many different options. One idea I would like to come to fruition is interviewing others on the topic of confidence.

Episodes:

1: Why I'm Starting a Podcast

Confidence isn't something you're born with, sometimes we have to fake it till we make it. I want to share with you how I'm able to be (act) confident and the journey I've been on to get here. I could also use your help coming up with a title, let me know what you think!


<https://open.spotify.com/episode/23eqRlyfjgRjXGdaZfcbiw?si=c2c53231a21c4124>

2: Look Confident, Feel Confident, Act Confident

Welcome to the official Work In Progress! Now that we have a title, let's dive into how being confident with all physical aspects of yourself is a never ending journey, only because we're constantly growing, learning and changing. We must choose carefully what we decide to put on or in our bodies to take care of ourselves.

https://open.spotify.com/episode/1DOLtv3oVtOqaBfEiEmdqw?si=8iUYv_R3TJC0I7kUvLVT3g

3: It's Okay Not To Be Okay

TW: I do talk about anxiety and depression. Listen to your body and do what you need to take care of yourself. I love you  This week is all about mental confidence. I have a book and podcast recommendation to help us learn more about the ways we can be confident. Remember, confidence is the thing that turns thought into action.

https://open.spotify.com/episode/53MKE0g2VuxsUv8gBHxacc?si=cFNjnSooTxoy0pSB_e9xOw

4: Go Looking For Discomfort

This week is all about social confidence. How do we see ourselves and how do others see us? Push yourself out of your comfort zone, protect your energy, and stick with a book until you're done, even if you don't like it.

<https://open.spotify.com/episode/2lZwmgn4V3bDaOxJiBsOfF?si=BI00h-dT5uVgDfBaZ5HmA>

5: Fake It Till You Make It

This week is all about professional confidence! We're talking interviews, getting started in your career, the Art of Bullshit, and my favorite, public speaking!

https://open.spotify.com/episode/48pSkWEpjxTiU589MJZVwi?si=m1KpXU_GTriWEN_X6jTXZA

6: The Universe Works In Weird Ways

This week I talk about some of my crazy dating experiences and how I might have met my person two years ago without even knowing it. Plus mercury is in Gatorade.

<https://open.spotify.com/episode/4Ll1sYzIP7X1eCPLaAiklB?si=Lv2jLX6jRD2LivSGxphF7w>

Works Cited:

Cooper, A. 2021, November 30. "How Social Media Ruined My Life". In Call Her Daddy. Spotify.
<https://open.spotify.com/episode/4MRU17L5oHurYt2fhnglo7?si=dDfH2kNXTA-nj6SrWEpPfq>

Kay, K., & Shipman, C. (2018). The Confidence Code: The Science and Art of Self-Assurance---What Women Should Know (Reprint ed.). Harper Business.

Langas, R and Zias, K. 2021, March 16. "25. How To Make Friends As An Adult". In Confidence Collection. Spotify.
<https://open.spotify.com/episode/4V5RQGj3HW1JrDPitkUmn?si=AGHp9FprTDqY89w3mMLFYw>

PsyD, G. A. (2016). The Art Of Extraordinary Confidence: Your Ultimate Path To Love, Wealth, And Freedom (1st ed.). Center For Social Confidence, The.