

e2i Graduates Career Fair @ Capitol Theatre (30 Jul 2026)

CONFIDENCE LAB: Why Capable Graduates Still Doubt Themselves (and How to Move Past It)

The Three Confidence Powers

1. IGNORE

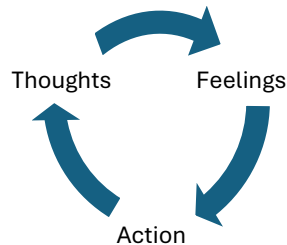
Ignore the noise and the doubters.

The biggest obstacle is often not other people's opinions, but our own inner voice.

Common self-doubts:

- I'm not good enough.
- I don't have enough experience.
- What if nobody hires me?
- What if AI replaces me?

Remember



Manage your thoughts before they manage you.

CPR for Self-Doubt

When negative thoughts appear, perform **CPR**:

C Challenge the thought (Is it really true?)	P Prove you have what it takes (What evidence do you already have?)	R Reframe the situation (Choose a more helpful and realistic perspective.)
Is this fact or fear? Am I making assumptions? What evidence says otherwise? What would I tell a friend? What's within my control?	What experience proves you're capable? What have you already achieved? What strengths helped you before? What skills do you already have? What positive feedback have you received?	What's another way to see this? How could this make you stronger? What can you learn? What would confident you say? What's one positive possibility?

Respond with intention, not emotion.



REFLECTION:

What thoughts have been holding you back?

2. BELIEVE

Believe in what you already have.

Confidence is not about having more.

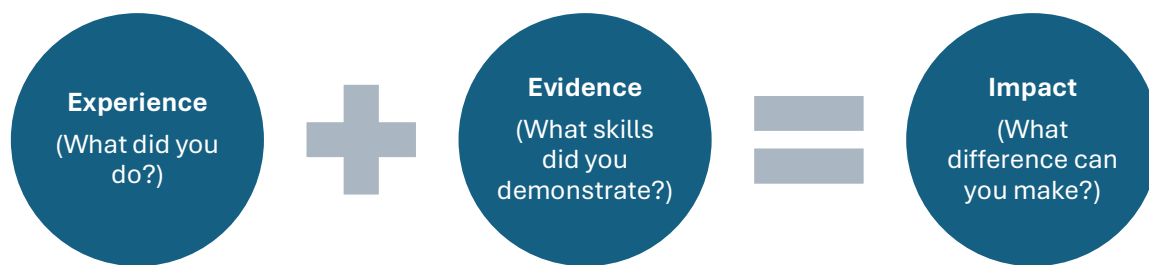
It is about making the best use of what you already have.

You already have enough to take your next step.

Employers want evidence.

Don't just tell employers your strengths. Show them.

The **E²I** Formula



Instead of saying: "I'm a team player."

Show:

- The situation (experience)
- What you did & the outcome (evidence)
- What value to you now bring because of it? (impact)

☒ **Step 1: Experience**

Start with a specific experience that demonstrates your potential. It doesn't have to be a job.

Ask yourself:

- What was your role?
- What challenge or responsibility did you have?
- Who was involved?
- What was the objective?
- What actions did you take?

Example:

During my final year, I led a team of five students in developing a marketing campaign for a local business.

 Step 2: Evidence

Now show evidence.

Ask yourself:

- What skills did you demonstrate?
- What did you achieve?
- What problem did you solve?
- What feedback did you receive?
- What results did you produce?
- What did you learn?

Example:

I coordinated the team, delegated tasks and presented our recommendations to the client. Several of our ideas were adopted by the client.

 Step 3: Impact

Connect your story to the future - how is it relevant to the job you are applying for. Why should the employer care?

Ask yourself:

- What does this say about you?
- Why is this relevant to the role?
- How would this help your future employer?
- What value can you bring because of this experience?
- How has this prepared you for work?

Example:

It strengthened my leadership, communication and teamwork skills, and taught me how to collaborate with different stakeholders.

 Step 4: Craft Your Story

Rewrite the story. Make it clear, confident, and future-facing.



Formula:

"I [what did you do]. I was [skills, achievements or results demonstrate your capability].
Now, I [what value do you bring to this role]."

"During my final year, I led a team of five to develop a marketing campaign for a local business, coordinating tasks and presenting our recommendations to the client. Several of our ideas were adopted by the client. This experience strengthened my leadership, communication and teamwork skills, which I look forward to bringing to a collaborative workplace."

>> Your Competitive Advantage

Technical skills matter.

Human skills make you stand out.

Examples:

- Communication
- Teamwork
- Leadership
- Empathy
- Judgement
- Adaptability
- Problem solving
- Resilience

3. FOCUS

Focus on what you can control.

What you focus on grows.

Focus on...

- Learning
- Preparation
- Progress
- Taking action

Not on...

- Rejection
- Comparison
- Fear

Everyday experiences build employability.

Many everyday activities develop workplace skills.

You already have strengths.

Recognise them. Use them. Talk about them.



Let's stay connected! Scan here to find me on LinkedIn
— I'd love to continue the conversation.
