



Confidence at Work: Get It, Feel It, Keep It

Ros Taylor

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With five unemployed people for every open job and more than 40 applicants for every open position, job seekers and those looking for a promotion need to differentiate themselves from the competition. *Confidence at Work* teaches readers how to challenge their fears, build their confidence, set themselves apart from their competitors and achieve their career and workplace goals.

Ros Taylor examines how confidence on the job manifests itself in body language, thinking style, emotional capability, and influencing ability. She explains how to build these qualities, as well as how to brand yourself as an attractive employee. She also describes what employers tend to look for and provides direct feedback from head hunters and CEOs on what makes a successful job candidate. With case studies and a confidence quotient assessment to help readers determine areas where they need improvement, *Confidence at Work* prepares job seekers for the rough job market and teaches them how to come out on top.

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