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more confident than others but confidence is something that can be learnt over time it plays a crucial role in our professional lives and goes a long way in helping us attain career success why confidence is the key to success we must train from the inside out using our strengths to attack and nullify any weaknesses it s not about denying a weakness may exist but about denying its right to persist vince mcconnell characteristics define how well you do in a career and also distinguish who you are as a person 4 january 2013 comments by william kremer bbc world service research suggests that more and more american university students think they are something special high self esteem is generally confidence is a belief in oneself the conviction that one has the ability to meet life s challenges and to succeed and the willingness to act accordingly being confident requires a realistic

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