

has less than 50% of these elements, it's time for a change!

Nervous about new challenges at work?

Others can help your performance if you target them. Posing how much you want a new job or to do well in a project, for instance, is much better than looking so fed back you're not bothered. "The trick is not to waste your nerves on unnecessary things," says Linden. "Focus on what you can control. For example, if you have a job interview, do a trial run to the office where it's being held so you won't worry about being late, and prepare your answers to obvious questions like, 'Why do you want this job?' Then you can concentrate on the stressful part, like answering curve-ball questions, without panicking."

3 SUPERCONFIDENCE YOURSELF

"There's a big difference between living life and just existing," says Bleskin. "Feeling bored is a red flag warning you to take action, and you can feel bored even when you're busy juggling your work and social life. If boredom persists it can develop into resentment, frustration and low self-esteem. But recharging your

creative batteries can prove to you that life is worth living. Take inspiration from utility steel guru Jack Osbourne. Instead of relying on drugs to alleviate his boredom, he hooked the habit and got stuck into adrenalin-junkie highs. If Jack's jungle trekking isn't for you, try something that makes you scared for a second, like karaoke."

Put your life in pictures

When you've finished reading Coomo, don't just chuck it in the recycling bin, rip it up. Use the pictures to make a mood board," advises Bleskin. "Add shots of women laughing, powerful women getting things done, even pictures of bags and shoes you like, then put a few sexy guys on your board, as well. It helps you crystallize your creative thoughts and think in a new way."

Need inspiration?

Feeling stuck in a rut is confidence-sapping. "Give yourself a boost by trying something outside your normal routine," suggests Bleskin. Instead of hitting the pub on Saturday night, prepare flasks of wine and head to a field with friends to build a bonfire and toast marshmallows. It's natural to be scared of doing something a bit brave, like going rock climbing, because

you worry you won't be perfect first time. But no one ever mastered anything in a day. In fact, the worse you are the more opportunity you have to improve."

4 SUPERCONFIDENCE YOUR ATTITUDE TO CHANGE

There's a secret: worrying about change is more stressful than embracing it," says Bleskin. "It's normal to avoid saying what you want because you anticipate a bad outcome. The thing you fear happening probably won't but, the truth is, you can handle any worst-case scenario. With any scary situation, consider the possible outcomes. What are the chances of each of those scenarios happening? List one simple thing you could do to help yourself. Do you speak the truth and your man goes crazy — would you rather live a lie or be honest? If you were sacked, you'd be free to get a new job. Once you know what you're dealing with, your survival skills kick in."

Deal with the what-ifs

"You need to learn to dump problems from your head. When troubles are whirling around in your mind, your brain doesn't know what's true or false, so it complicates things by giving you physiological responses. We stomach cramps and inverted palms," says Bleskin. "You need to explore your troubles rationally, without feeling physical distress, too. Write down your problem and you'll feel more positive and in control."

How to deal with a new social situation

"Like a motorcyclist who wears a track, looking for pitfalls before racing, you can prepare yourself for the stress of making small talk with people you hardly know," says Linden. Research will help. "If you're going to a work event, hone up on industry gossip to share. Before you go to any party, read a paper so you're armed with interesting general knowledge to talk about. It takes the focus off you and you'll relax. Start small and speak to people one-on-one. It's easier to get that flowing this way than addressing a big group. Listen to others and imagine they might be nervous, too. Move around by offering to get more drinks because knowing you have an escape route makes you less anxious."



Steal-me tricks of SUPERCONFIDENT WOMEN



DRESS BOLD AND YOU'LL FEEL BOLD

"I love my clothes, so I need people to notice me. You'd be amazed at what you can do with your look. It's a great way to be seen and to feel it with confidence!"

Bea Smith, 38, model, Scotland



WASH LINE A MAN

"So go for a drink once in a while but not women or be nervous. But you'll see the rest of the people around when you're at a bar with your friends. It's a fun way to meet people and to be seen."

Lacy Sparks, 24, author, north London



PUT IT OFF AND YOU'LL FEEL MORE DETERMINED

"I originally from New Zealand. I wanted to be English. When I felt the pressure, I was making the decision to leave. They told me, 'Don't do it because they'll be with you.' I thought about my decision for another six months. I got in the plane, confident I was doing the right thing. And I'm happy here!"

Beverly Marshall, 31, beauty therapist, Durham, Yorkshire



DRINK LIKE A BOSS: BEAT STRESS OF MEETINGS

"I used to get nervous about going to meetings at work but I started to make them of a show of myself knowing that I always work hard. It makes them enjoyable and something to show my speech and to be able to do it."

Kristina Nason, 37, PE, Essex, Lincolnshire

PHOTOGRAPHS: GETTY IMAGES; ILLUSTRATION: JESSICA WATSON