



CONFIDENCE & COMMUNICATION WITH MORTAL FOOLS

Have you ever looked at someone – (e.g. a football player, singer, baker, app developer, DJ) and thought... they make what they do look so easy! They are so naturally talented! We all have!

This is a helpful image we use at Mortal Fools it reminds us that people don't see all the hard work that goes into developing a new skill; improving your communication skills takes effort & practise, it won't always go perfectly and that's OK!

Learning a new skill, challenging ourselves or trying something new almost always comes with some degree of working through our fear, but if we find ways to effectively work through those feelings and challenges, we find learning and success.

If you have the ambition to increase your confidence with anything, it's important to recognise that confidence is not the absence of fear – it's the ability to work through feelings of fear and not let them stop you.



What people see →

SUCCESS

What people don't see →

Persistence

Failure

Personal Growth

Doubt

Disappointment

Mistakes

Hard Work

Good Habits

Experimentation

Sacrifice

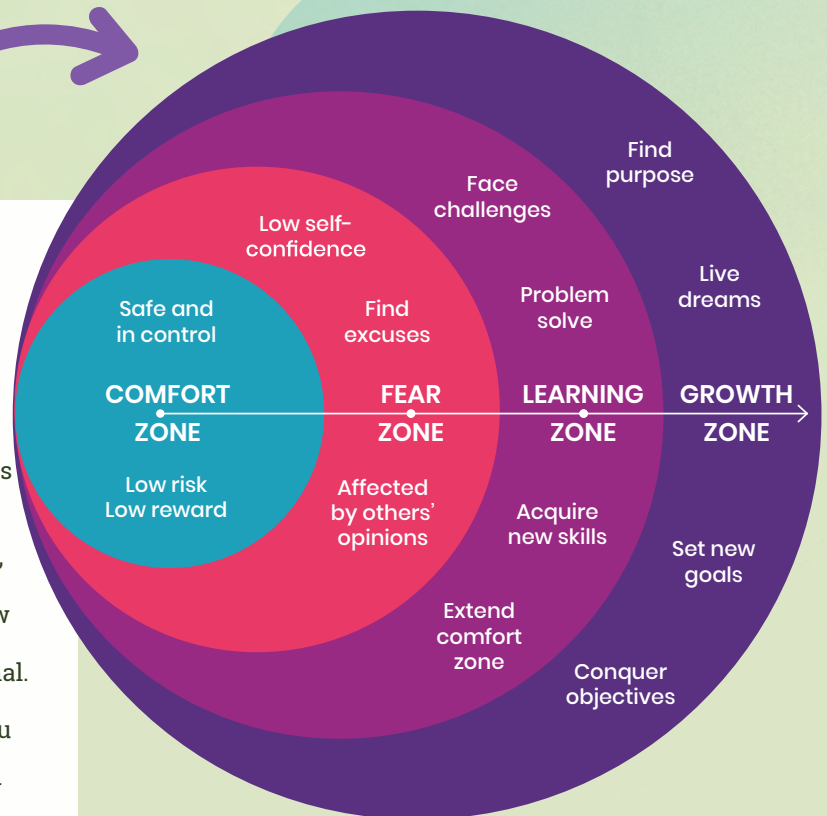
Imposter Syndrome

Dedication

In our workshop we referred to the Comfort Zone model to remind us that learning is a journey. Coming out of your comfort zone means getting comfortable with being uncomfortable!

The comfort zone represents where you feel safe, relaxed, and in control. Inside this circle, you do things you're familiar with, like hobbies you love or routines you know well. But stepping outside this circle is where the magic happens! It's where growth, learning, and exciting opportunities live. When you challenge yourself to try new things—whether it's learning a new skill, meeting new people, or facing a fear— it will feel tricky or uncomfortable at first, but that's totally normal. Over time, the more you step out of your comfort zone and push through the discomfort, the more readily you move through your fear into the learning and growth zones, giving you the confidence to tackle even bigger challenges.

And, practising a growth mindset can really help you get to the learning and growth zones more quickly!



FIXED MINDSET

- I'm either good at it, or I'm not
- When I'm frustrated, I give up
- I don't like to be challenged
- When I fail, I'm no good
- Tell me I'm smart
- If you succeed, I feel threatened
- My abilities determine everything

GROWTH MINDSET

- I can learn anything I want to
- When I'm frustrated, I persevere
- I want to challenge myself
- When I fail, I learn
- Tell me I try hard
- If you succeed, I'm inspired
- My effort and attitude determine everything

A growth mindset is all about believing that you can get better at things with effort and practise—it's not about being perfect right away but knowing that you can learn and improve over time. Instead of saying, "I'm terrible at this," try saying, "I'm not good at this yet." That little word, *yet*, makes a big difference!

At Mortal Fools, we use this mindset to stay creative and open to new ideas, even when things feel hard or unfamiliar. Building a growth mindset takes practise, and yes, it can be awkward or uncomfortable, especially when you're stepping out of your comfort zone. But here's the cool thing: every time you push through that discomfort, you learn something new and build confidence to tackle bigger challenges.

One great way to grow is by reflecting—think about what went well, what was tough, and what you learned from the experience. You can do this by journaling or chatting with a friend. The more you practise, the easier it gets, and before you know it, you'll be rocking that growth mindset like a pro!

MORTAL FOOLS CONFIDENT COMMUNICATION IN SEVEN TOP TIPS:

2. FACIAL EXPRESSION & TONE OF VOICE



Smiling, frowning, a raised eyebrow... your face & the tone in your voice tells a story & can help convey emotions & passion. It's super important to think about whether your expressions & tone match what you're trying to communicate.

Note: Smiling is a natural relaxant that sends positive chemical messages through your body. A great way to relax yourself and whoever you are communicating with.

4. EYE CONTACT



This can be more comfortable for some people than others. Giving clear and regular eye contact shows confidence & helps you connect to people you're communicating with.

Note: Looking at someone's eyebrows or the space in between their eyebrows can be a way to 'cheat' eye contact if you find giving lots of eye contact challenging.

6. LISTEN



You might have heard the term 'active listening'? This is a huge part of good communication. To actively listen and show an interest you can be silent so other people can speak, & not interrupt. You can have open body language, give eye contact, ask relevant & open questions like what, where, how etc. and try to stay present. Remember not to let your phone distract you and if helpful, keep your hands busy with a fidget toy.

1. BODY LANGUAGE & GESTURE



The way you move, stand & sit communicates a message; if you want that to be a message of confidence and you want people to listen to you, think about your posture and use open body language like unfolding your arms & straightening your back.

3. BREATHING & PACE



Your breath carries the words you want to say and helps you to have a confident voice; good breathing is not to be underestimated! Speaking quickly can sometimes be the result of nerves which is perfectly natural, so it's important to make a conscious effort to slow down and make sure you're taking a breath.

Try a **slow inhale** of breath, in through your nose, to a count of four and exhale through your mouth to a count of four, repeat as many times as you need! This can help you to manage nerves, slow us down & regulate your breathing so you are easier to understand.

Take **pauses**, this allows other people to listen better, it also gives you a second to think before you speak.

Note: Breathing in through your nose helps you to breathe more deeply & gives the brain a useful boost of oxygen whilst also telling your body you are calm and safe.

5. BE CONCISE



Think before you speak; take a moment to figure out what you want to say and aim to be clear & concise with your communication. If you find that hard in the moment, take some time to prepare your key points, before an interaction. That's it!

7. BE YOURSELF



This is probably the most important one. We can all spot "fakeness" right? Being yourself, communicating with honesty and authenticity is one of the main ingredients in effective communication and it also helps you to project confidence.

KEEP IN TOUCH WITH US AT MORTAL FOOLS!

Mortal Fools are a theatre, drama and creative learning company supporting children and young people (7 years – 25 years) across high impact creative interventions and regular youth theatre groups to engage, enable and empower, enhance wellbeing and cultivate employability and emotional development.

If you want to check out our work, our website is a good place to start: www.mortalfools.org.uk

You can connect with us on social media on your preferred channel: [@mortalfoolsuk](https://twitter.com/mortalfoolsuk)

THANK YOU FOR READING AND TAKING PART IN OUR WORKSHOP.

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