## **Confidence Rating Scale**

Individuals can use the **confidence rating scale** to evaluate themselves against groups of competency statements:

- **5** = I have a **high level** of confidence and competence in this area. I use this in my work and am confident to develop this with other people.
- **4** = I have a **moderately high level** of confidence and competency in this area and can recognise when I use this in my work through the benefits it has on others.
- 3 = I have a reasonable level of confidence and competence in this area. I can recognise times when I feel more or less confident and can recognise these competencies in others.
- 2 = I have some confidence and competence, and this is an area where I would like to be more confident and seek development support from others.
- 1 = This is an area where I don't yet feel confident and would like some development support from others.
- **0** = I'm **unsure of this area** or how to use or connect to it in my current role.

