



Ever looked at someone and thought to yourself, "**Wow, so confident he is!**", followed by "**I wish I was confident**".

It certainly isn't pleasant to feel under-confident. **Low confidence** can prevent one from taking risks and seizing opportunities in college, at work, or even in their social life.

Are you are looking to boost your own confidence. Then this upcoming YourDOST webinar might just be the thing for you.

Join us for a LIVE Webinar on -

### "Confidence Building"

**Who:** Dr. Nikita Somani, Senior Clinical Psychologist

**When:** Thursday, 19th March | 12:00 PM - 1:00 PM

**Where:** [Zoom Cloud Meetings](#)

[CLICK HERE TO REGISTER](#)

If you have any further doubts, concerns, queries, or simply want to say hi, drop us a mail at [campus@yourdost.com](mailto:campus@yourdost.com).

**Standing with you,  
Team YourDOST**

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