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Reaching out to others can feel risky, but boosting our social confidence – new experiences, friendships or even romance – make it worthwhile, says Clare Longrigg by Psychologies We all want people to like us, but for that to happen we have to improve our social confidence, let down our defences and show ourselves as we are.

## **Improve your social confidence | Psychologies**

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Because confidence at work leads to promotions, raises, and general awesomeness, we spoke to Alpert about how you can become fearless on the job. Overcoming "Negativity Bias" Alpert explains negativity bias, or "the tendency to notice and remember negative events and information over positive ones" as a deep-seated habit we all have.

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