



7 EASY CAREER CONFIDENCE CREATORS

“Self Confidence is
the first requisite to
great undertakings”
Samuel Johnson

We all envy that person who can waltz into any room, seemingly unfazed by everyone else, capable of expressing every thought, no matter how incorrect, and walking around the office almost expecting applause and adulation, and surprisingly enough, getting it. We look on and think aaahhh I wish I was that confident. I have watched this person and to many, I am this person, but here's the secret, no one feels confident 100% of the time. Confidence is more than an emotion, it's the result of a process, that many of us go through in different areas of our lives, without even realising it. I'm going to share the ten ways everyone uses, consciously or subconsciously to cultivate confidence.

After a period of studying this, I am sharing these nuggets to allow us to be able to create confidence consciously, during the times where we don't feel quite as equipped. So go ahead and pick the nuggets you need the most right now and say bye-bye to being crippled by your own negative self-talk.



TAKE THE TIME TO KNOW

The number one cause of a lack of confidence is, not knowing. Not knowing information, not knowing people, not knowing the outcome. A good way to overcome this, is simply taking the time to know what is 'knowable' and accept the rest as a period of learning. A quick example I use in my own life is how I approach first meetings with a CEO. Before the first meeting I don't know them, I don't know their specific challenges, their character, their preferences etc. Instead of panicking about how much I don't know and how much of a fool I will look if they ask me something I don't know. I master my 'knowables'. This means I am clear on who I am and what I have to offer. I research their business and trends in that industry; I look for connections that they could potentially leverage and acquire as much knowledge as possible. All this information I acquire is solely for me and my confidence-building, it has no bearing on the first meeting, because the CEO doesn't expect me to know anything about their specific situation. But I need it to protect my confidence. To summarise make the time to be excellent in the areas you can control, and this creates a sense of ease in the areas you can't.

CONFIDENCE CAN BE FOUND IN DISCIPLINE

In keeping with the knowledge theme above, it is essential to manage the story you have about yourself. More than that though it is the discipline to not let your imagination run wild and to remind yourself of the truth. Our confidence tends to slip away from us when we begin to imagine how other people perceive us negatively and how hopeless we are and how the whole world is laughing at us and we should just quit. Instead of spending days/weeks/months on end in this mode of thinking, we need to have the discipline to tell ourselves that this is not the truth and then to recount what is true. The idea is to be able to do this quicker and quicker each time eg...

STORY: "I don't know how to speak in meetings, I'm so going to fluff this up"

5 days later

TRUTH: "I am learning. Even if I fail, I will fail forwards... BUT I'm not going to fail. I've been successful at other things, so if I do the work, this situation will be no different"

OBJECTIVE: To reduce 5 Days to 5 minute

CREATE A HEALTHY RELATIONSHIP WITH FEAR

Most people don't want to admit to themselves that confidence lies on the other side of fear, because it's easier to feel sorry for yourself. It's like riding a bike, unless you get on the bike and maybe fall a few times, you will not be confident riding a bike. Such is the way of life, confidence comes through feeling fear, being courageous, learning the skill and then flying with confidence. "Feel the fear and do it anyway" because, without that, there is no confidence. Next time you feel fear, jump up say yes! Confidence is coming baby!!!





MOVE YOUR BODY

[Disclaimer: I'm a die-hard Tony Robbins fan] When your body is expanded and you breathe slowly and deeply, you sound seem and act more confident. Tony Robbins often talks about how our body informs our mind how to respond, and that the mind has a harder time thinking negatively if our body is sending signals that everything is hunky-dory. Amy Cuddy is famous for power poses. I often do these when I'm feeling particularly anxious...it works. So if you're not feeling confident, watch how your body is behaving and course correct. Even if it means a quick dash to a cubicle in the loo.

BREAK PATTERNS

Ever found your thoughts, spiralling out of control? Practice break the pattern, by touching your heart, breathing in deeply and thinking about three things you're happy and grateful about, or celebrating one outcome you want in the near future. E.g.

NEGATIVE THOUGHTS: I'm so stressed, useless and I can't believe how much I'm failing, everything is working against me

PATTERN BREAKER (desired future outcome): Yeeeeeeaaaaahhhh I can't believe I have been promoted. This is incredible

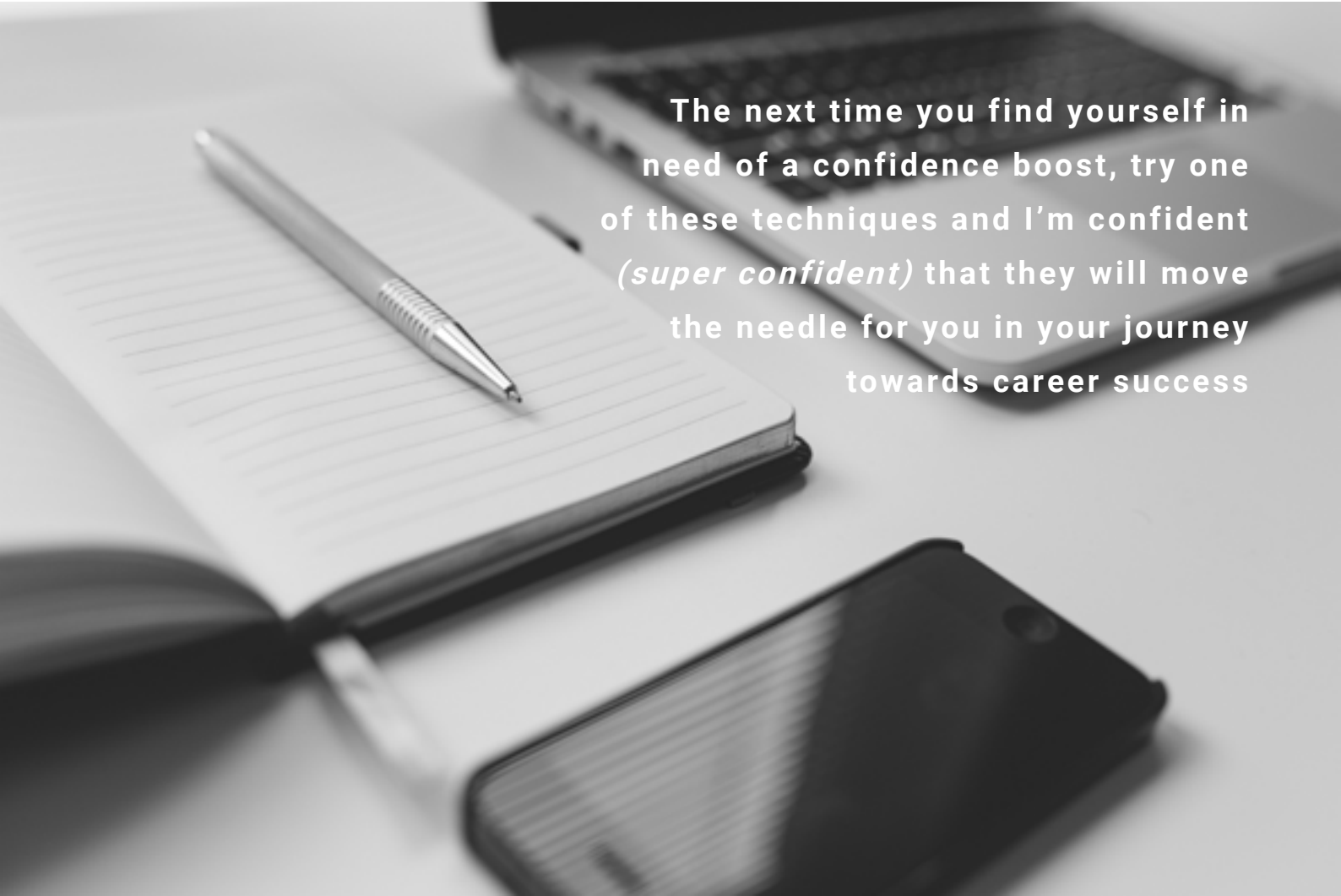
OUTCOME: Brain is confused, and struggles to return to negative state

THINK LONG TERM

Taking a moment to view things in perspective can be a great confidence booster. Thinking about how far you have come and what your longer term ambitions are, will bring that 15 minute presentation you're nervous about into perspective. It's a very short small moment in time, so treat it as such. Another way of looking at it, is asking the question: will this matter in five years time? Will I even remember this day? Does this matter in the context of my five year goals?

COME BACK TO COMMON SENSE

Confidence is understanding what you can control and having peace with what you can't. So make it easy for yourself by asking how can I marshal all my strengths to control what I can, and do my very best with that? What can I do to help myself? Who can help me do this better and faster?

A grayscale photograph of a desk setup. In the foreground, there is a silver pen resting on an open, lined notebook. To the right, a laptop is partially visible. In the bottom foreground, a smartphone is lying flat. The background is a plain, light-colored surface.

The next time you find yourself in need of a confidence boost, try one of these techniques and I'm confident (*super confident*) that they will move the needle for you in your journey towards career success