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This issue's theme? Confidence

a MESSAGE from SYLVIA

Confidence: The Core of Your Career

One of the biggest surprises I've experienced in my coaching practice is discovering how little confidence many persons in management positions actually have. The size of somebody's paycheck or job title doesn't seem to guarantee a high level of confidence. I know people earning multiple six figure incomes who question their ability to do their jobs every day. Insecure and worried, they are filled with self doubt, sometimes to the point of near paralysis. This is sad.

Professionals often lack confidence in lots of things: their knowledge, skills, relationships, personal appearance, others, who they are as an individual, and the process of life in general. This renders them powerless to make a significant impact in their workplace, the kind of impact they are called to make. The root of the problem is this: if you don't believe you are good enough, smart enough, talented enough, skilled enough, or creative enough to do what you are supposed to do, then you really won't do it optimally. Further, you can't inspire those around you either. So nobody reaches their potential in the long run. Everybody just "makes do" and gets by. Sounds more like an existence than a life, doesn't it?

Why do YOU lack the confidence you need and deserve? Were you abused as a child, chronically criticized, cut down to size? Were you told your opinions and feelings didn't matter? How did teachers at school treat you? Was your childhood reasonably healthy but then something happened when you became an adult? Maybe you lost a job and never fully recovered. Or maybe you tried a new career that didn't work out. Maybe you had a boss whom you couldn't please. Maybe your marriage failed, leaving you feeling less than adequate. Whatever the reason, now you're not as confident as you'd like to be. And that hurts.

Knowing you lack confidence is like carrying around a big secret. You don't want anyone else to find out that this is a part of you. In fact, you fear being found out. If all of this describes YOU, isn't it time to make some changes? Isn't it time to turn it around? Set a few goals and take tiny steps toward achieving them, one by one.

FEATURE ARTICLE

How You Know You're Confident at Work

On a scale of one to ten, with ten representing the highest level of confidence, rate your own self confidence on the job. Assign a number to each of the following statements. If you score yourself an eight or above, you can celebrate. If you rate yourself a seven or below, you've got some work to do.

1. You believe in your abilities.

This means you are in tune with your skills and trust they can serve you and others when you employ them.

2. You feel ready to jump into a project or task.

This means you've prepared for what needs to be done. You planned ahead, and you did your homework.

3. You try new things.

This means you occasionally are willing to step out of your comfort zone and do something different.

4. You are motivated and enthusiastic.

This means you anticipate each new day with interest and joy. You feel a sense of purpose.

5. You can make decisions.

This means you can collect facts, listen to your intuition, and then make a choice. Even if it's tough and doesn't make you popular.

6. You are generally satisfied with your choices.

This means you accept your choices and the associated consequences. You can live with what you decide.

7. You stretch yourself voluntarily.

This means you don't need pushing and prodding to move in a different direction. You consciously choose to learn a new skill on your own.

8. You recover quickly from setbacks and disappointments.

This means that, when something doesn't work out as you'd planned, you pick yourself up and go forward. You avoid self-defeating mental conversation.

9. You don't let yourself get stuck in fear.

This means you acknowledge your fears but move ahead in spite of them. You stay true to your personal and professional priorities.

10. You manage stress.

This means you recognize what triggers your stress and develop strategies to reduce the number and intensity of those triggers.

So how did you fare with your scores? How much work do you have to do in order to become a more confident professional?

RESOURCES

A Website: More-Selfesteem.com

This is a great website filled with resources to boost your self esteem and self confidence. If you visit it, you'll find a free self esteem test, free self confidence tips, a free self confidence course, and an e-book you can purchase: *Self Esteem Secrets: Steps to Success*, by Karl Perera. You can also sign up for a free newsletter that will keep ideas flowing your way.

[Take a look!](#)

TIP

Build Confidence

Identify an area in which you know you lack confidence. How does this recognition affect you? What price are you paying for not having the confidence you need and desire? What would it feel like if you actually had a high confidence level in this particular area? How would your life be enhanced? Write three action steps that can move you toward greater confidence in the area you identified. Set a realistic time line for completion of those steps. Keep focusing on how you will FEEL when you increase your confidence. Get inside of that feeling, and act as if you have already achieved your goal.

[More Tips Here](#)

About This Ezine

This Ezine is 1) to provide readers with valuable FREE content which contributes to both personal and professional growth and 2) to invite them to take next steps toward working directly with Sylvia. *Launching Lives Ezine* is dedicated, above all, to “building people...building businesses.” ©

about SYLVIA



Sylvia Hepler, Owner and President of Launching Lives, is an executive coach based in South Central PA. Her mission is to support corporate and nonprofit

executives and business owners as they solve problems, develop leadership skills, and increase balance in their lives. Her background includes: nonprofit executive management/leadership, public speaking, business and freelance writing, teaching, and retail sales.

A [certified executive coach](#) through The Rescue Institute in Colorado and a participant in extensive continuing education, Sylvia is a platinum level expert author on ezinearticles.com. She has produced an audio CD entitled, "Making Change", [two special reports](#) for persons in management positions, and an e-book entitled, No Surprises: A Business Guide for Starting Your Coaching Practice.

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Launching Lives SERVICES

Launching Lives is an executive coaching company located in South Central PA. Its mission is to support persons in management positions to solve their most pressing problems, develop leadership skills, and increase balance in their lives utilizing a holistic approach. Launching Lives focuses on BUILDING PEOPLE through individual, private coaching, group coaching, specialized products, speeches, and retreats. Most coaching takes place by phone.

Often people don't really know HOW they might benefit from coaching. Quite simply, ask yourself these questions: "What can't I seem to resolve on my own? What is keeping me awake at night? What am I missing when I look at a certain situation? How can I get to the next professional level? How can I learn certain skills quickly? How can I narrow my professional gaps? How can I motivate my staff? How can I communicate more effectively so I serve myself and others better? How can I reduce my work-related frustration? How can I develop a viable plan of action for myself and/or my organization? How can I obtain greater job satisfaction? Coaching is the SOLUTION to any of these issues.

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