



March, 2017 Volume 8, Issue 3

Number 82

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a MESSAGE from SYLVIA

Self-Doubt Sabotages Professional Success

No matter why people hire me to coach them—no matter what specific results they need or desire—I’ve noticed that doubt typically enters the picture at some point in the process. Spoken or unspoken, doubt comes in the form of “I can’t do this” or “what I want isn’t possible for *me*”. However it presents, doubt is a form of mental paralysis that blocks success.

Nobody goes through life without experiencing self-doubt in at least one situation. Most of us experience it briefly as new challenges arise. This is part of being human. But pervasive self-doubt over time cripples confidence. When that happens, you’ve got a problem.

Several years ago a small business owner client of mine told me that she



doubted that she could run the business she'd inherited from her brother. "I don't know anything about being a CEO", she said tearfully. "I have nightmares about failure." For a full five minutes she listed all of the aspects of business that would probably do her in. After she ran out of breath, I gently asked her why she signed a contract with Launching Lives. "To learn how to steer and manage my family's legacy," she told me. "Ummm," I replied. "Then let's get to it."

The truth is that this woman would not have engaged my services if a part of her didn't believe she was capable of learning how to do the job. As a coach, I chose to build upon that part rather than focus on her fears and doubt. Today, she looks forward to going to work, leading her team, and planning strategically for the future.

When and where do YOU doubt your ability to function, perform, and thrive? As you read my feature article below, you may find yourself somewhere in the content. Remember: Awareness is everything.

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FEATURE ARTICLE

10 Expressions of Self-Doubt at Work

Doubt is like dye. It spreads, soils, and stains. You've got to learn to control it or it just may ruin your career. You don't want that. So where exactly is the weak link in your personal or professional chain? Check out the following ten expressions of self-doubt that are often triggered by circumstances at work:

I doubt that I can do any more than what I'm currently doing. Why do you feel this way? Is your doubt rooted in reality, or is it the result of meaningless chatter circling around in your head? Perhaps this doubt is a manifestation of a personal decision you don't quite realize you made.

I doubt that I can supervise other people. Where did this particular doubt come from? Family of origin messages? Assumptions or accusations from previous bosses? Lack of formal training or intra-company mentoring? What solid proof do you have that you can't do this?

I doubt that I can solve X, Y, Z problem. Does this doubt arise due to your

inexperience with solving problems in general? Is it churning in your stomach because the problem's complexity scares you? Does solving this problem require involvement from others who may not want to play ball?

I doubt that I can influence my boss to make a different decision. Is doubt creeping in as a result of your secret fear of persons in authority? Or does your boss typically disregard your opinions? Do you know from observation that he or she always has to be right?

I doubt that I can meet the deadline assigned to this project. Why do you doubt your ability to get the work done on time? Has this been your history throughout your career? Is this project bigger or more difficult than most? Has your pace slowed lately due to inadequate sleep, illness, or personal concerns? Are you disorganized?

I doubt that I can facilitate team meetings effectively. Who implied or told you outright that you probably won't do it adequately? If someone conveyed this message to you, why are you giving that person so much power? Or maybe, if you've never facilitated a meeting before, you've leaped to the conclusion that you don't have what it takes.

I doubt that I can improve my relationship with a certain colleague. Where is this doubt coming from? Your assessment of this individual's personality and usual mode of conduct? Your historical track record of failing to make relationships better with anyone, regardless of your efforts? Your underdeveloped people skills?

I doubt that there is any good in a situation this bad. How do you know that this situation is so bad? How do you define "bad"? Where did you learn that certain kinds of situations have no redeeming aspects? Is that true? What is the real source of doubt for you here?

I doubt that I can land a promotion. Why? Because decision-makers fail to see your true value? Because you never landed one successfully in the past? Because a coworker hinted that somebody like you doesn't have a chance? Because there are very few promotion opportunities?

I doubt that I could ever change careers. According to whom? Family members, business associates, friends? Or did this idea pop into your mind one day out of the blue and now it's holding you hostage? Do you tell yourself that you're too old, too stuck in your ways, too timid to step out of your box, too scared?

Yes, doubt is like dye. It's also like a noose around your neck, squeezing the life blood right out of you. Wouldn't you prefer to get rid of it?

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What Clients Say

I decided to work with Sylvia because I desperately wanted to leave my current job where I wasn't appreciated. I asked her to lead me through the process for finding another professional opportunity that aligned with my passions and talents. Despite my desire, I admitted my doubt that anybody would hire a fifty year old woman. Although she heard my concern, Sylvia filed it. Frequently during coaching sessions she reminded me that whatever we focus on becomes our reality. To be honest sometimes that irritated me, but deep inside I sensed it was true. A year later I found myself working for another organization—doing exactly what I love alongside people who value every contribution I make! I learned that my doubt was simply a thought inside my head.

- Susan T., Nonprofit manager, South Central PA

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Offers and Opportunities

Ditch Your Doubt

What do YOU doubt, and how is that single but powerful doubt negatively impacting your job performance or behaviors at work? Contrary to what you may believe, many doubts can be erased or managed without a lot of strain and stress. If you need or want to get out of this quicksand, sign up for Sylvia's **free Ditch Your Doubt 30 minute coaching call**. If interested, email her

at: sylvia@launchinglives.biz before midnight on March 10, 2017. Only two people will receive this special offer.

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RESOURCES

Affirmations to Eliminate Self-Doubt

- I have the desire and the ability to do whatever I need or want to do.
- Doubt does not have to rule my life.
- I have the personal power to create my world and experiences.
- I can discard limiting old tapes from parents, teachers, and friends.
- I can make choices that don't set me up for self-doubt.
- I concentrate on my successes in life and at work.
- I manage my thoughts and brain chatter.
- I know that I am enough as I am.
- I know that I am worthy of healthy confidence.
- Fear is an illusion.
- I can decide now to ditch my doubts.
- I care about myself enough to do something about my doubts.

Say these affirmations twice each day for twenty-one days and see what happens! Speaking them aloud is more powerful than reading them silently.

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TIP

If you struggle with a particular doubt, look for the real world evidence that supports the validity of that doubt. (Or isn't there any?) If you can actually find evidence, view it as an indicator of where you could expand and grow. For example, if in general you doubt your ability to resolve conflict and you have an undeniable history of avoiding it, then this points to a potential growth area for

you. What is one small step you could take this week to reduce your doubt?

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Where in the World is SYLVIA?

On March 16, 2017 Sylvia will present “The Magic of Influence” to the Harrisburg Chapter of Executive Women International during their regular monthly meeting at the Radisson Hotel and Conference Center, Camp Hill.

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About This Ezine

The purpose of this Ezine is to: 1) Provide readers with valuable FREE content which contributes to personal and professional growth as well as overall career development; and 2) Invite readers to take next steps toward working directly with Sylvia.

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About SYLVIA

Sylvia Hepler, Owner and President of Launching Lives, LLC, specializes in career development for both corporate and nonprofit executives and managers. Based in South Central PA, she specifically supports clients as they upgrade their current job performance, seek a promotion, or plan/navigate a career transition.

What makes her services unique is that Sylvia helps people to cope with change, loss, and grief as they work on developing their careers. Her professional background includes: nonprofit executive management/leadership, nonprofit community health program start-up, program evaluation, public speaking, business and freelance writing, teaching, and retail sales.

A certified executive coach through The Rescue Institute in Golden, Colorado and Quantum Endeavors in Chicago, Illinois (plus a participant in extensive continuing education opportunities with several coaches of national notoriety), Sylvia offers individual and group coaching, assessments, teleseminars, workshops, keynote speeches, and retreats. She also has created tangible and downloadable products that augment her coaching and speaking services.

For more information and to connect with Sylvia try:

[Launching Lives Website](#)

[Click to contact Sylvia by Email](#)

Reach Sylvia by phone at **717-761-5457**

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Launching Lives SERVICES

Launching Lives, LLC is a full service career development company for managers and executives located in South Central PA. Utilizing a holistic approach to service provision, Launching Lives focuses on supporting clients as they create the platinum level career they desire by upgrading their job performance, seeking a promotion, or planning/navigating a career transition

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 may be the SOLUTION to any of these issues.

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