

Crack the “Confidence Code”

Personal Essentials



Best Care EAP Can Help!

For free, confidential support for you and your dependent family members, contact us today.

402-354-8000 | 800-801-4182

www.BestCareEAP.org

Username: bcCODEe – Password: CODE

“Experience tells you what to do. Self-confidence allows you to do it.”

– Anonymous

Focus Exercise

Directions

In the space provided, complete the sentence below in as many ways as you can. Then, turn to the person next to you and share your answers with each other.

If I had more self-confidence, I would...

What is Self-Confidence Anyway?

A precise definition of self-confidence has yet to appear, but its hallmarks seem to include:

- Composure.
- Self-awareness.
- Courage.
- Self-belief.

Confidence, therefore, boils down to:

- A firm understanding of who you are and what you do well.
- A resolute belief in your abilities.
- Willingness to act on that belief.

How to Become More Self-Confident

- Accept that self-confidence is not a trait or quality, but a skill that can be mastered like any other.



BEST CARE EAP

© Best Care EAP

Crack the “Confidence Code”

- Get your “Inner Critic” under control.
 - Recognize that your Inner Critic is meant to help you assess:
 - What you value and whether or not your life reflects your values.
 - How you treat people and what, if any, pain you’re causing others.
 - What excites you and how you can spend more time doing those things?
 - What habits of action and thought are causing you unnecessary suffering?
 - Know when your “Inner Critic” is going off-track. This usually happens when you...
 - Fixate on past events.
 - Try to plan out exactly what your future will look like.
 - Speculate about what others think of you and how to please them.
 - Critique your appearance.
 - Constantly downgrade or praise yourself.
 - Endlessly replay the past in your mind.
 - Obsess over the number of “hits” or “likes” you get in response to something you post online.
 - Build yourself a mental “pause button” and use it. When your Inner Critic “malfunctions” say to yourself:
 - “Slow down!”
 - “We’re not going there!”
 - Find mechanisms other than your Inner Critic to motivate you.
 - Remind yourself of the deeply-felt benefits of achieving a goal or following a new path.
 - Refocus on what you truly enjoy doing.
 - Take a 2-Minute Self-Appreciation Break.
 - At the end of the day, write down 3 things (and they don’t have to be big things) that you can truly appreciate about yourself.

Take a 2-Minute Self-Appreciation Break

Directions

Take a deep breath and then ask yourself this question: “What are 3 things I can truly appreciate about myself?” Write your answers in the space below and then turn to person next to you and share one or more of these with them.

-
-
-

How to Become More Self-Confident (Confident)

- Do the right thing (i.e., be kind, tell the truth, and keep your promises).
- Resist the pull of perfectionism.
 - Go for “good enough.”
 - Remind yourself that the quest for the perfect will hurt you and the people in your life.
- Confront the natural anxiety you’ll experience as you strive to become even more confident.
 - Identify the arena in which you want to gain more self-confidence (e.g., networking with other professionals).
 - Talk with your Inner Critic and identify what exactly it is about your goal that triggers anxiety in you.
 - Map out and then schedule a series of “baby steps” that gradually exposes you to the experiences you need to achieve your goal.
 - Continue the process until you feel confident.
- Appreciate the Paradox of Self-Confidence: the more self-confident people become, the less they tend to think about themselves and the more they tend to focus on others.

Put What You’ve Learned to Work

Directions

Pick one of the *If I had more self-confidence, I would...* statements you came up with during the Focus Activity and then, in the space below, write down one new habit that you would be willing to commit today to creating that would help you achieve the goal expressed in that statement. Then, turn to the person next to you and share your results.

Best Care Webinar Evaluation

Program Title: _____ Date: _____
Your Company: _____ Facilitator: _____

Thank you for participating in today's webinar. Please share your impressions below and then fax to Best Care EAP at (402) 354-8046 or scan and email to EAP@BestCareEAP.org.

	Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree
1. The material covered in this program will benefit me personally and/or professionally.	1	2	3	4	5
2. The facilitator was knowledgeable and effective and used clear examples.	1	2	3	4	5
3. I plan to apply what I've learned.	1	2	3	4	5
4. Best Care EAP's services and benefits were reviewed.	1	2	3	4	5
5. I would recommend this training to coworkers/colleagues.	1	2	3	4	5

6. What was particularly helpful about the training?

7. What would you recommend changing about the training?

8. If you would like to receive email updates about ongoing Best Care training opportunities, please give us your work email address:
