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Friday, June 26, 2015

Hello reader, here is our newsletter for this month.



Do you find yourself having doubts at times? Do you wonder how you are going to make it? Do you wonder what to do next?

Building your self-confidence is like a muscle. It does not happen overnight. It needs to be practiced day after day without fail. In my coaching practice, I often have to deal with customers who come to me and hope, in a single session, that I will help them build this great self confidence we all want so badly.

First of all, only one person can build your self-confidence and that is you. I can help you remove the fog of uncertainty, re-focus your energy and put you back on the right track, but the rest is up to you. The other element to keep in mind is: are you doing things way out of your comfort zone? Are you aiming at a job

that is currently out of your league? Did you accept a job that you were not prepared for? Did you try to run a marathon without proper preparation and ramping up your muscles for the long haul?

I am all for aiming high. I love to have goals and objectives that are way out there but reachable. All my life, in my career, I wanted my boss's job. I always wanted the next level. When I started as a junior project manager, I was looking at the vice president's job and I thought it looked cool and I would love to get to that level. But could I jump from a junior PM with 2 years experience to an R&D vice president position in a major 5 billion dollar a year company? No. I would have failed miserably and lost all faith in myself. I was lucky to have had a few great bosses in my life that helped me understand why sometimes they had to say no to a position I wanted.

There is a big difference between a boss that says no because they feel threatened by you and a boss that truly believes you can get the job done. The one that believes in you will help you, with specific training, to get ready in a year or two to apply for the next level position. Keep aiming high, but you need to understand that divide and conquer is the way to go. No matter which goal you are aiming at, divide it into manageable pieces and conquer them one at a time.

HOW TO BUILD CONFIDENCE:

- Pick a goal and divide it into manageable pieces.
- Every week, achieve one small goal.
- Go out of your comfort zone a little more every week.
- Make sure you look your best. Your mind and body are linked; you will feel like a winner if you dress and act like a winner.
- Keep your chin high, stay tall, keep your shoulders back and put a big smile on your face. Act as-if you have already succeeded. Losers don't smile, are hunched over, head down. Change your physique; it is the fastest way to change your mood.

- Stop those pesky negative thoughts “that you can’t do it”. There are enough people out there to tell you that without adding yourself into the mix.
- Partner with someone you trust. Create a dashboard of your goals and give a status every week to that person.
- Don’t let anyone put you in a position where you will fail. If a boss wants to give you a job, not because you’re the right person, but because you are available, make sure you can actually do it. And don’t hesitate to ask for training when necessary.
- Get a mentor. Other people have done this before you. Find someone, it’s worth it.
- Think of another time you succeeded and review the steps you went through.

When in doubt, I love to make a list of everything I did in the past to succeed. It tends to put you back on track. And don’t be so hard on yourself. We are our worst critics.

Good Luck

We will resume our Newsletter in September, have a great summer!

Sophie



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Book: in [Paperback](#) or [Kindle](#)

"When we can no longer change a situation, we are challenged to change ourselves".

VIKTOR FRANKL