

**KACIK CONSULTING SERVICES, LLC**

**KCS**



Joy Conley Kacik  
Career and Leadership Coach  
Team and Leadership Consultant

**PROFESSIONAL GROWTH ARTICLES**

HELPING LEADERS, INDIVIDUALS AND TEAMS  
LEARN, COMMUNICATE & CONNECT



## Boost Your Confidence

October 2023



Image Credit: Oleksandr Hruts



*Take Advantage of  
a **COMPLIMENTARY**,  
NO-OBLIGATION  
COACHING SESSION!*

[CLICK HERE TO  
EMAIL JOY!](#)

### *Do you sometimes need a confidence boost?*

In my experience, most folks struggle from time to time when they are down or things aren't going in the direction they hoped and they feel deflated. It's OK. Being temporarily down is like hitting a patch of ice when you're snow-skiing. You can't turn on a piece of ice, you have to wait for it to pass from under your skis and then, you can sail through the snow again with confidence. So don't be too hard on yourself.

**And here are some ways to boost your confidence again after you pass over that patch of nasty ice.**



1. **Grab a sheet of paper, and start listing your strengths.** You'll be able to come up with many, but don't stop there.
  
2. **Now think about all the compliments you've had in your career.** Write them down, because those are indicators of your strengths as well.
  
3. **Go ask others to share what strengths they see in you.** People see strengths in others who often don't see that strength in themselves. So find out what others see in you. Feel strange about asking? A suggestion is to be honest and say something like, "I'm working on growing my strengths and I'm curious what strengths others see that I might not. Would you be willing to tell me what strengths you see in me?" I can tell you that my coaching clients who have done this have been pleasantly surprised by what they learned, and people were happy to share. Be sure to thank them.
  
4. **Next, create a list of things you can do without thinking about how you do it.** Those are likely where your superpowers are – **because** it's easy for you. Most people at this point are assuming that if it's easy for them, everybody can do it and so it's nothing special. Ahhh, but if you think that, you are likely to be wrong. Because we all take for granted what we are really good at BECAUSE it's so easy. So pay extra attention here to boost your confidence!

**I really want to encourage you to focus on your strengths! Notice, I didn't ask you to make a list of the weaknesses you should work on in order to boost your confidence.**

**So, let me say just a couple things about your possible weaknesses. First,** we all have them. None of us will be perfect at everything. When

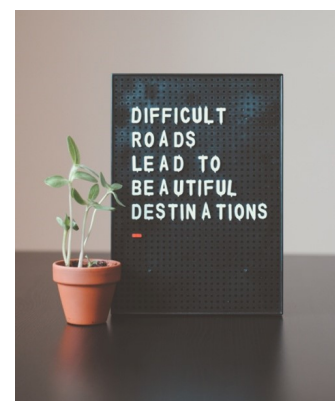
**KEEP  
GOING**



Image Credit:  
Unsplash - Brett Jordan



Image Credit:  
Unsplash - Alysha Rosly



I work with teams, one thing I always tell them is that high performing teams know, not only each others' strengths, but also, at what each team member is not the best. Why, because high performing teams make sure that people are doing the things they are really good at. It helps assure that everyone is performing at their highest levels, which brings fabulous results! What you may be not so good at, may be someone else's superpower and they will have something they might not be so good at that is yours or someone else's superpower. It's all about putting the best of everyone together. So sometimes, focusing on something that may never be a real strength for you distracts you from further growing your strengths and just pulls you down and deflates your confidence.

**Second**, think about honest and sincere feedback you have gotten from people who are sharing it to help you grow. Pay attention to how you can make use of that feedback. Yes, work on those areas, but rather than thinking of them as weaknesses, think of them as areas of opportunity to further enhance your strengths!

### **To really boost your confidence, here's where to put your focus!**

Focus on your strengths, and remember the things you have done, been and are good at, succeeded at, etc. So often in this busy work world, we are **so** busy that when we have a big success, we have to jump right in to the next thing on the list. We fail to take time to celebrate it, embed it in our brain and think about what we did right and all the choices and decisions we made in the process that brought about that success. It is not being selfish, or a luxury to do that – it is important to your growth and future success! We must all learn from our successes – maybe even more than we learn from our failures. These are things to focus on, celebrate and remember, so you repeat those “right” choices and skills! This boosts your confidence prospectively! **It gives you excitement to move forward and do it again!**

**Here are some things to tell yourself to move forward: (Psst, the first one I just recently**

Image Credit:  
Unsplash - Nik

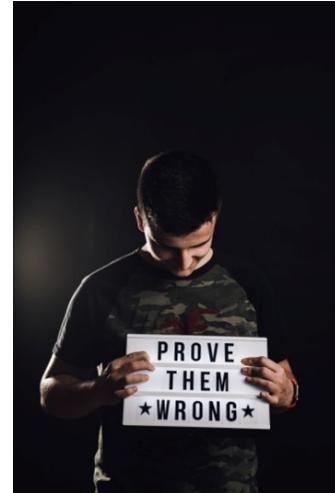


Image Credit:  
Unsplash - Daniel Minarik



Image Credit:  
Unsplash - Alysha Rosly

## **KCS ARTICLES LIBRARY**

**ARTICLES ARE FREE  
TO DOWNLOAD  
AND SHARE!**

Since 2016, Joy has been

**learned from a colleague and it helped me push through some real challenges:**

- **I can do hard things!**
- **Keep going**
- **Yes, you can!**
- **You're capable of amazing things**
- **Difficult roads lead to beautiful destinations**
- **Prove them wrong**
- **Every day is a fresh start**
- **And breathe!**

**What's one of your successes you want to remember today?**

**What's your personal mantra when it gets hard?**

**Reach out and I'll be glad to share more.**

## Joy Conley Kacik

Joy is a conference speaker, team and leadership development consultant, customized trainer and facilitator and a Certified Professional Coach with expertise in personal career coaching, job offer and salary negotiations and leadership coaching.

As an Insights Discovery® licensed practitioner, Joy provides clients the added value of the Discovery® Portfolio of tools when working with individuals, teams, leaders and organizations to create inspiring visions for collaborative, cohesive teams to produce superior results.

[www.kacikconsulting.com](http://www.kacikconsulting.com)

[joykacik@kacikconsulting.com](mailto:joykacik@kacikconsulting.com)

[| View LinkedIn Profile |](#)



publishing monthly articles to address everyday challenges in the workplace which are common to many. Often, topics come from you, her readers and clients. These articles are designed to help you, your direct-reports, peers and leaders. Feel free to download and share them.

**Click [here](#) to go to the library!**

*Copyright © 2016 Kacik Consulting Services, LLC, All rights reserved.*

**Our mailing address is:**

2408 West Street  
Brookfield, VT 05036

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)