

BUILDING SELF-CONFIDENCE

I have always enjoyed working with team-mates; However, today as the team's supervisor of the past three years I need to be more self-confident. I don't know if confidence can be a learned trait or a natural part of one's temperament, but can the EAP help? Also, how does acting and feeling confident influence the work unit?



Looking for an opportunity to gain more confidence is an excellent move on your part. Yes, many skills that enhance confidence can be learned with practice and coaching. Confident supervisors have more resilience when the going gets tough. Tactful confidence is also an attractive feature for your co-workers, it inspires employee confidence as it is modeled by subordinates. Confident supervisors who communicate and are empathic are less likely to have high turnover in their work units. Contact Connections EAP for a coach to enhance your confidence as a leader. Connections EAP will be happy to identify resources to speed you toward your goal of being more confident.



Using the EAP to connect with a behavioral health professional who can coach the skill set needed to enhance the following results is an excellent use of your EAP! Habits of confident supervisors include:

1. viewing yourself as confident
2. fending off self-doubt
3. making decisions with higher risk-reward outcomes
4. visualizing goals and behaving as though success is certain
5. viewing setbacks as opportunities for correction and greater achievement

Leadership Orientation Session B

Watch for Up Coming Classes

CONTACT US TODAY:

Please contact our office by calling 800-779-6125 or e-mailing (info@connectionseap.com) for more information or register online:
www.connectionseap.com

ATTENTION: SUPERVISORS, MANAGERS, ADMINISTRATORS:

Session A: "Leadership Orientation to the EAP", is always available on the website.

Please check your wallet cards or contact your HR department for your username and password.

Website Information – Webinars are available in the Work/Life Services site. Log in on Connections website go to Employee or Leadership Resources tab to access webinars, continue to scroll down on the Work/Life Services opening page. (All webinars are archived for later viewing.)

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