

SELF ESTEEM – DOES IT REALLY MATTER?

By Trainer and Coach Sally Foan



Some people are full of confidence and able to meet even the most difficult challenge with an air of authority. A good level of **self-esteem** is essential for us to function successfully in our professional and personal lives. Sally Foan, principle trainer at People Tree Training, looks at the importance of self-esteem and how we can build on it...

Every day we make decisions based partly on our level of self-esteem, and exhibit that level to those around us in a variety of ways. This behaviour influences others and how people then react to us, perpetuating the cycle.

Outside influences play a part in setting our level of self-esteem when we are children and as we grow up. These may have included the opinions of parents, teachers, friends and family. What we need to do as adults is take a fresh look at our own opinion of ourselves. Is our long-held view accurate? Is our view 'rose-tinted' or unfairly negative?

Bear in mind that the feedback we grew up with may have been fatally flawed. What if the people that influenced our self-worth were wrong? Perhaps we were bullied, or grew up in a challenging home which has left our self-confidence and self-esteem seriously dented. As adults we have the opportunity to re-examine our level of self-esteem by seeking accurate feedback from people we respect. This process allows you to expand your understanding of yourself and this information can be valuable for fine tuning and optimising your performance in the workplace and beyond.

Setting goals and achieving them will boost your self-esteem. Identify your training aspirations (that will broaden your professional skills) and support your future goals. So, what if you do have the potential to achieve more and the only barrier is your self-esteem or self-worth? What if the things you'd realistically like to achieve are actually possible?

Picture yourself and your future as one of the enormous super tankers out at sea. These massive ships can take a great deal of time to change course. Someone in the bridge, at the helm, needs to plan well ahead to change course for the future destination. The captain must allow for overall stability, external conditions and operational planning. Don't wait for the 'perfect' captain or manager to steer your career, you may wait forever, or you may already have one who is too challenged by tasks and workload to think for you.

Take the helm yourself today and in a year's time you'll be glad you did.

Perhaps you might start by borrowing a book from your local library on assertiveness? Perhaps you could book on a one day assertiveness course? Or, would you like some one to one support and a coaching session to get you started? If so, call us for an informal chat about your personal development goals.