

# TOP TIPS FOR RAISING YOUR LEVEL OF SELF ESTEEM

## Learn how to feel good about yourself

Take time to remind yourself of all the things that you have accomplished. Remember your achievements and all the positive things that you do for yourself and others. We rarely hear the positives and yet we certainly hear any negatives – and remember them long after we have forgotten all the nice things said about us or our performance. If you are a manager remember that each of your team will have positives that you can praise; take the time to find and highlight these.

*"There isn't a ruler, a yard stick or a measuring tape in the entire world long enough to compute the strength and capabilities inside you." PAUL MEYER*

## Surround yourself with good people

Friendship based on mutual trust and respect is a fundamental boost to our self-confidence. Avoid people that continually put you down or make you feel small or low.

*"No one can make you feel inferior without your consent." ELEANOR ROOSEVELT*

*"Surround yourself with people who lift you higher." OPRAH WINFREY*

## Be well rounded

Don't neglect your interests. When was the last time you did that hobby you love, listened to your favourite music, or went to the theatre? Stay active; endorphins lift your spirits and staying healthy will make you feel better about yourself and your self-image. Take a pride in your appearance; it will do wonders for your self-confidence – when you know you look good, others notice. Walk tall.

## Avoid self-consciousness

If you are self-conscious in a social situation focus on the following:

- Just because you lack confidence doesn't mean others can tell.
- Approach a group and introduce yourself. Ask questions and really listen to their answers.
- Finding out about the other people present will help make them (and you) feel more comfortable.
- Slow down and focus on others rather than yourself.

## Accept criticism

If you are constantly saying things like 'I'm no good at anything' then you're wrong. Self-esteem is not just about thinking positively about yourself all the time, it is about being realistic and about not thinking badly about yourself *for no reason*. Criticism can be a positive thing. If we can learn to see the positives of someone valuing us enough to give us honest feedback, or constructive criticism, we can improve our performance.

## Set goals and meet them

The process of looking forward, planning ahead, and accomplishing something can be very fulfilling.

### **Accept failure**

Failure is part of life. It is how you deal with it that sets you apart. Everyone gets knocked down at some time so the real question is, will you get back up?

*"Success is going from failure to failure without loss of enthusiasm."* WINSTON CHURCHILL

### **Deal with a workplace bully**

Learning to deal with bullies in an assertive way is easier than you think. Once you challenge a bully in a calm but clear way you will realise how much better you feel about both the bully and yourself. Feeling sorry for a bully, who after all lacks the more appropriate tools and people skills necessary for the modern workplace, will help you to remain calm. Challenging is easier than you think when you use a 'feelings assertion' such as: "When you shout at me in front of other people I feel very uncomfortable and I would much prefer to have this conversation later when we are both calmer - shall we say 11am by the coffee machine."

Take the time to practice and role-play situations and this will help you to remain calm in real situations. The Assertiveness two-day course detailed on this website is an ideal safe forum where you have the opportunity to practice assertive interventions for real long-term behaviour change post-course.

### **And finally**

Remember that feeling healthy and good about yourself is not a luxury, it is an absolute necessity. Persevere with trying to raise your self-esteem and don't expect massive changes all at once. Beating low self-esteem is a wonderful thing and it is easier than you think. There are currently two courses available to help raise your levels of self-esteem and self-confidence in our list of courses **Assertiveness** and **Effective Presenting**.

View our site for information on group courses or one to one coaching and development.

Call People Tree for an informal chat about what you'd like to achieve and take the helm of your own future success.