



## Three Ways to Cultivate Confidence When the Chips are Down

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In many organizations, when times get tough things suddenly begin to contract en masse – budgets, projects, jobs and communication. Suddenly employees are left to wonder who or what is next? Optimism fades and suddenly confidence overall is down perhaps even yours.

How can you cultivate confidence in these challenging times?

1. **Focus on the present.** It's easy to look back at where you were yesterday or to worry about what the future will bring. Instead, focus on what you need to do to help your organization be successful today. Then do it. Relish the knowledge that you are doing what you can to contribute to your organization's success.
2. **Be optimistic.** Not everything will work out how you expect it to. That's okay. Admit any mistakes, listen to others advice and learn from the experience. Then, focus on the positive and move on.
3. **Help others.** Share what you know with others. When you focus on helping someone else by giving them the gift of your time and talent, you will feel more secure in the knowledge that you have something important to contribute. Plus, when you need support others will be more likely to provide it.

Focusing on what you can control will also go a long way to helping you feel more confident. Try these simple tactics and watch your confidence rise along with those around you. Then, when things begin looking up don't be surprised if you are one of the few in line for a promotion or new opportunity.

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