

# Coaching Tip #207

Exceptional Leaders -

## Are Self-Confident



Exceptional leaders know their strengths, gaps, and abilities. They have an inner compass and know that the course they choose and the action they take will lead to success.

They are optimistic about the future and eager to take on tough assignments to stretch themselves out of their comfort zones. Exceptional leaders are always humble and thirsty to learn and listen.

This does not mean that leaders do not have doubts and concerns about their performance and capability to make the right decision. It does mean that they do not let fear of failure and critics of others drive them. They have learned to overcome self-doubts and fears through discipline preparation and obtaining a healthy mindset.

Not only are they self-confident, but their aura resonates and apparent to others around them. Moreover, in times of uncertainty, this can be a powerful and inspiring behavior.

Self-confident does not mean having answers for every issue; it can mean being humble enough to acknowledge that more information is needed to make the best possible answer at that moment.

True self-confidence includes a mindful willingness to ask for help and take in other's different point of view into consideration.



### Some strategies to have Self-confidence

- Bring Out Your Best - Don't be your worst critic. Be your best coach. Learn from your mistakes, but encourage yourself to new heights.
- Talk to yourself like you would a close friend - many times, we say horrible things to ourselves that we would never say to anyone else. You do not deserve that! Be compassionate with yourself, have your own back, and speak to yourself kindly.
- Try power posing - Researcher Amy Cuddy has found that putting yourself in an expansive physical position (think a superhero, with hands on hips and legs apart) is associated with greater confidence. After maintaining this kind of position for two minutes, your body physiology changes so that your cortisol (stress hormone) levels go down, and your testosterone (dominance) levels increase.