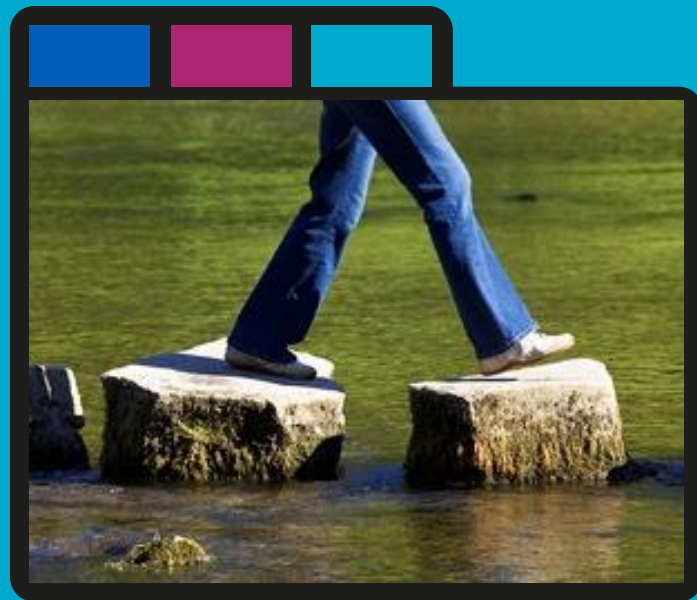

Confidence comes from doing

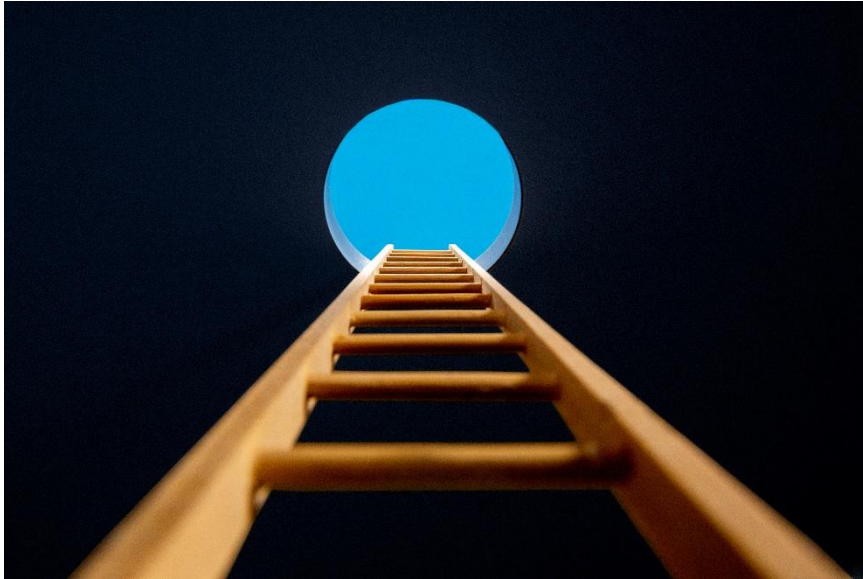
July 2026

Rob Wright



Have you ever thought

I'll take the next step when I feel more confident



How we think confidence works

Many of us believe this:

CONFIDENCE



ACTION



SUCCESS



But most careers look like ...

ACTION



LEARNING



CONFIDENCE



MORE ACTION



The confidence myth ...

We often wait for confidence to show up before we take career actions.

But confidence is usually what happens after we take action.



It's like learning to ride a bike

- First, you wobble a bit
- Maybe you fall ...
- But you improve ...
- Soon you do it without thinking
- Confidence wasn't the starting point ... **it was the outcome**



Why it can be difficult

1. **Comparison** – I'm not as good as others
2. **Perfectionism** – I need to do it brilliantly (or not at all)
3. **Imposter Syndrome** – what if I'm found out!



The science of confidence

Confidence grows from:

- ✓ **Trying**
- ✓ **Learning**
- ✓ **Repeating**

Every time we succeed at something new, our brain records it, and we become more confident



5 Actions that can help you

1. Notice your successes
2. Ask for feedback
3. Say yes to new things
4. Build supportive relationships
5. Reflect regularly

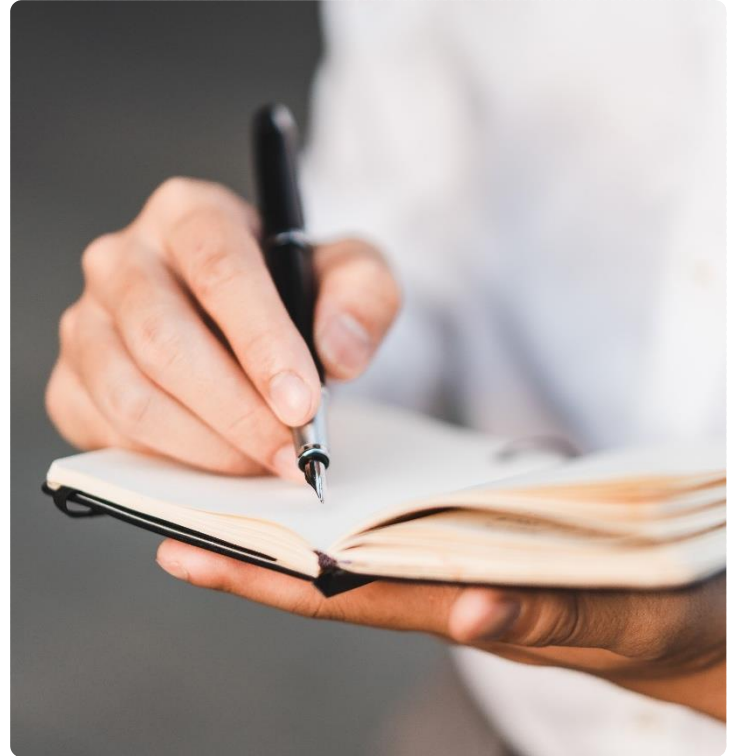


Habit No. 1: Note Achievements

Instead of: “I was just doing my job” ...

Ask yourself – “what did I achieve?”

Keep a success journal – solved a problem, helped a colleague, improved a process etc.



Habit No. 2: Seek Feedback

Instead of asking: “Was I OK?”

Try asking:

- **What worked well?**
- **What should I change?**
- **What should I keep doing?**

Feedback = Data / Evidence



Habit No. 3: Stretch

Take small stretches:

- Chair the meeting
- Volunteer for stuff
- Join a project group

Confidence grows on the edge of comfort ... so don't remain in the comfort zone



Habit No. 4: Build Your Team

The people around you can help build and maintain the confidence:

- Manager
- Mentor
- Coach
- Trusted colleague(s)
- Friends

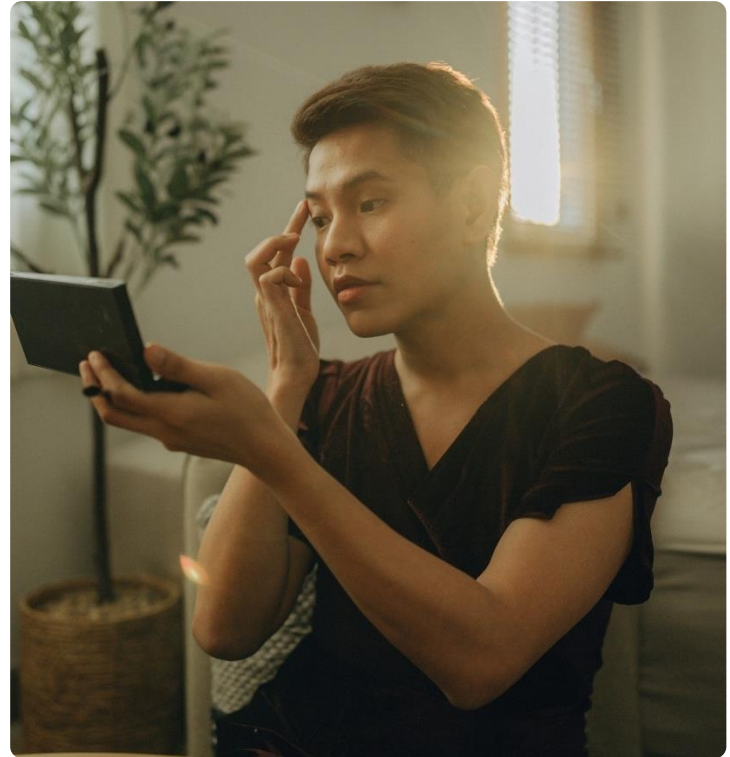


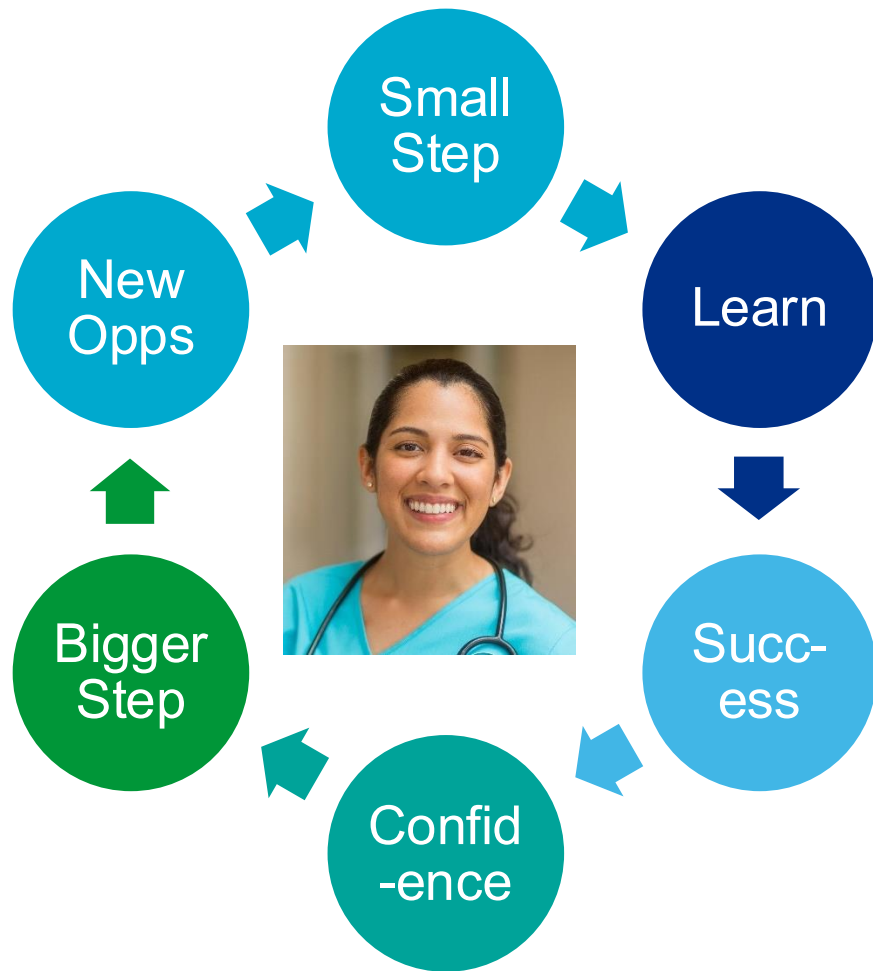
Habit No. 5: Reflection

Regularly ask yourself:

- What have I learned?
- What surprised / challenged me?
- What am I now doing that once frightened me?

**Reflections turns
experience into confidence**





Sarah wants to progress her career:

- So, she volunteers to lead an improvement project
- And learns she enjoys leading the meetings
- The project is a success
- Boss asks her to present about her work
- She applies for an acting-up role
- This experience helps her land a B7 post

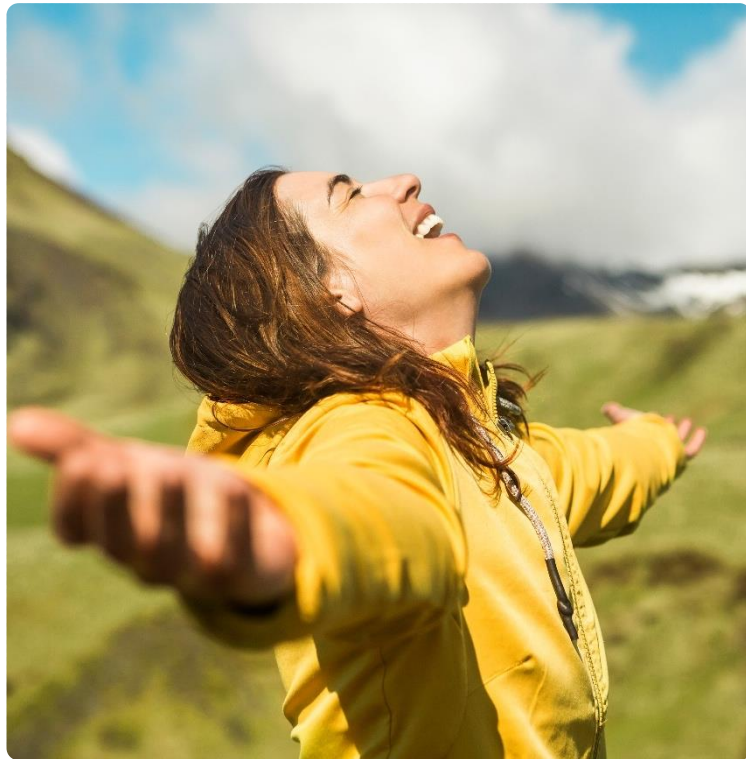
Final thought

You don't find confidence,
you build it ...

One action at a time

So, don't wait until you are
ready...

**Start – and let confidence
catch you up**



Thank you

Find me on LinkedIn:
[here](#)

