

How to Start Building Professional Confidence Today

If you are a soon to be graduate or you are beginning your Spalding journey, building professional confidence is essential. Professional confidence is when you approach every challenge as an opportunity, you are open to learning new things and you can communicate your needs clearly.

Ask Questions

Asking questions are more important than giving answers. If you are afraid to ask questions in class it is because you believe that you are expected to understand the course material without instruction. Embrace the idea of class as a collaboration. Asking questions builds confidence not only for you but for your peers as well. Asking questions encourages you to become comfortable with not knowing and encourages you to become comfortable with seeking clarification. In a professional setting, asking questions is an invitation for collaboration and is a valued skill that demonstrates professional confidence.

Don't Be Afraid of Making Mistakes

Mistakes are learning opportunities. If you respond to making a mistake positively it shows that you are open minded and that you can persevere. Resilience and perseverance are important skills to use in life and in the professional world. Everything you do is an opportunity to learn and to improve.

Find a Mentor

Building confidence takes practice, and to practice with someone you trust is important. Mentors can help you to see the steps clearly between where you are and where you want to go. They can give you advice and can answer the questions you may be reluctant to ask. A mentor can help you prepare for interviews, can introduce you to colleagues and can offer you encouragement.

Believe

Believe you can learn despite your mistakes, believe that mistakes are the indicators of where you need to focus your efforts, believe that without mistakes you would not be moving forward, believe that by learning to see challenges as opportunities for growth you will become a valued professional.