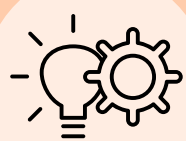


10 STEPS TO Rebuild Your Career Confidence



01. Know your Strengths

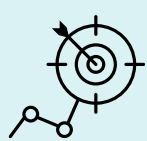
Start by recognising your own unique skills and talents. Make a list of things you're proud of, both personal and professional.

Stop yourself whenever you start thinking, "I can't do this" or "I'm not good enough." Replace those thoughts with affirmations like, "I am capable" and "I bring value."

02. Challenge Self-talk



Confidence grows with each win, no matter how small. Set attainable goals to build momentum and give yourself the satisfaction of progress.



03. Set Small, Achievable Goals

Spend time with people who lift you up and believe in you. Their encouragement can help boost your own self-belief.

04. Surround Yourself with Positivity

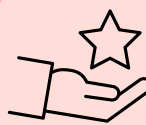


05. Embrace Learning

Don't be afraid to admit what you don't know. Confidence doesn't come from knowing everything—it comes from the willingness to learn and grow.

No matter how small the accomplishment, take time to celebrate it. Acknowledging your wins reinforces the mindset that you're making progress.

06. Celebrate Your Wins

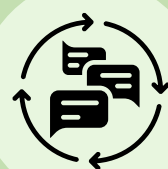


07. Take Care of You

Physical, emotional, and mental health are all connected to your confidence. Exercise, sleep, and self-care play a big part in keeping you mentally strong.

Sometimes we need an outside perspective. Seek feedback from mentors or trusted colleagues to gain insight into your strengths and areas to improve.

08. Seek Feedback



09. Practice Self-Compassion

Be kind to yourself, especially during tough times. Treat yourself the way you'd treat a friend going through a rough patch.

Confidence grows with action. Don't wait until you feel "ready"—take the leap and learn along the way. Fear is normal, but it shouldn't hold you back.

10. Take Action, Even if You Feel Fear

