

STRATEGIES TO ENCOURAGE EFFICACY – The Confidence to Succeed!

Confidence is the belief that success is likely, as one's abilities can be relied upon to create a positive outcome. Confidence is the piece of psychological capital that inspires the action needed to propel ideas. Believe in oneself. Efficacy is the capacity for producing a desired result.

DEVELOP CONFIDENCE IN THOSE AROUND YOU
Support skill development, mastery, training and development as a continuum.
Make it a priority to provide a supportive and safe environment for others to strive for success.
Applaud small wins. Growth Mindset – Carol Dweck
Remember, autonomy is what people crave.
A sense of team matters – build one! Set people up for success.
Be a mentor, and model desired behavior.
Use social persuasion – give positive feedback and remind people they have what it takes. Pump or their tires!
DEVELOP INTERNAL CONFIDENCE
Enjoy situational processing - get help from others who have gone through similar situations.
Fake it, 'til you make it. Change behaviors before attitudes.
Avoid making important decisions when feeling overwhelmed with a lack of confidence.
A scary situation coming up? Do mental rehearsal. Focus on past successes.
Find and keep routines. Stability creates confidence.