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ON HOLD

What's distracting
your office mates.
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CAREER COACH

Question: I tend to get nervous before a major presentation or big decision and second guess myself. Doubt surfaces and I get paralyzed. Help!

Answer: It takes courage to act. We frequently want to rethink something prior to action. Delaying action can zap our energy, so we give up on an idea. Taking one small step at a time can propel us forward. Thinking too far ahead can delay and paralyze us. We get overwhelmed and then get stuck.

In addition, our self talk can stop us. The key is to listen to your voice and become aware of the positivity and negativity it articulates. Are there a lot of "shoulds" or "you can never do that" in your dialogue? Listen for how encouraging or deflating that voice is. Recognize that this voice is trying to keep you safe and does not want you to look foolish or make a mistake.



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