



## Confidence and Leadership

By Joanne Goh

*“Confidence is the cornerstone of leadership.”*

Peter Barron Stark

People naturally trust others who appear to be more confident. Dealing with a confident person assures us that the person is also competent.

Without confidence, a leader will find it difficult to make tough decisions, lead meetings with authority, get people to communicate candidly, and be open to feedback. Over time, followers will dwindle.

There are 4 fundamental steps that you can take to enhance your confidence:

### 1. Be the Tough Nut

Recognize that you are not defined by the circumstances that you are in. When factors beyond your control wreck your day, adapt to the unexpected. Be curious and embrace new challenges.

Then, reward yourself for stepping out of your comfort zone and trying something new.

### 2. Gain Courage

One way is through positive self-talk. Self-talk is basically your inner voice which says things that you do not necessarily say aloud; often happens without you even realizing it. In the popular Bollywood movie “3 Idiots”, Rancho self-talked himself from fear to confidence:

*Rancho: That day I understood that this heart scares easily. You have to trick it, however big the problem is. Tell your heart, 'Pal, all is well. All is well.'*

*Raju: Does that solve the problem?*

*Rancho: No, but you gain courage to face it.*

### 3. Develop self

It is natural tendency to stick with things that you

know you are good at. Be willing to push that boundary, prepare and practice that new skill till you learn it well. Utilize whatever resources you have, strategize your actions to enhance your self confidence.

### 4. Exercise

Simple exercises like taking a stroll can reduce anxiety, improve circulation and elevate your mood. With exercise, your body temperature increases; thereby helping you to feel calmer and more in control. It takes your thoughts away from anxiety; releases endorphins that make you feel happier and more relaxed.

Who knows...whilst taking that stroll, you may even come up with some last-minute break through ideas.