

## ***Cultivating Confidence: Wellness Practices to Boost Workplace Confidence***

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Confidence is what allows you to believe in yourself and your capabilities. It's something you can build over time through repetition and consistent practice. Confidence in the workplace is a skill I developed—and it didn't just improve my performance at work, but in my personal life as well. A lack of confidence can affect many areas of your life including how you show up for yourself each day, your decision-making, and ultimately your work performance.

In honor of National Wellness month, here are some suggestions for taking care of your mind, body, and spirit to help boost your confidence and performance in the workplace:

1. **Incorporate daily physical activity.** Activities such as walking, running, or yoga offer many health benefits such as weight loss, lower blood pressure, and reduced stress. Staying physically active can also increase your confidence and performance at work. I practice yoga and other physical activities daily because of the benefits I gain. After a workout I feel good, my mood and confidence improve, and I can show up as my best self.
2. **Recite daily affirmations.** Practicing positive affirmations—such as "I am successful," "I will complete all my goals," and "I am capable of doing all things"—helps keep your thoughts positive and focused throughout the day. I remind myself of my strengths and accomplishments every day. I also write my affirmations on sticky notes and post them in my office and home, so I'm surrounded by positive words wherever I go.
3. **Practice public speaking.** Speaking with your colleagues and starting conversations are great ways to build confidence. There are resources available to help you become more comfortable and confident if you find yourself getting nervous during meetings, in group settings, or one-on-one. Try recording yourself speaking and critique your overall presentation.
4. **Dress for success.** Fashion is a wonderful way to express your personal style and a great confidence booster. Wearing professional attire that still reflects your sense of style can positively impact your confidence, which in turn can improve your mood and performance in the office.



5. **Continue professional development.** Participating in workshops, courses, or certifications offered by your organization is another great way to build confidence. Professional development not only boosts your confidence and improves your work performance, it also adds value to your career. The State of New Jersey offers many professional development programs, such as eLearning and various seminars. These programs are designed to educate you, polish your professional skills, and prepare you for a successful career—boosting your confidence as you complete each one.