

Millie  
Calesky's

# Coaching Vision

*Helping you move forward*

Issue 1

## How to Get & Stay Confident

**“To move forward,  
take risks, set  
higher goals, and  
achieve more -  
you must have  
confidence in  
yourself”**

### What is confidence?

Confidence comes from the Latin word meaning ‘faith’, and it’s about having trusting in yourself – knowing that you’ve got what it takes to accomplish what you want and value. Many people are not able to make progress because they don’t trust that they have what it takes to reach their goals. They feel that, before they can move forward, they must first be confident. That’s not the way it works. Rather than wait

until you feel like you have the strength or savvy to do something, you’ve got to just “bite the bullet” and take one small step in the direction you want to be heading. It can be a tiny step, tinier than you might even imagine is significant, but that step will lead to the next, and that’s how progress is made and confidence is built.

### Boost your confidence

Working with a coach can be very helpful in boosting your confidence. A

coach can help you identify and appreciate your strengths and accomplishments. Once you see how capable you truly are, it’ll be a lot easier to take the risks that will take you to the next level, personally and professionally.

### Manageable plan

I once coached a woman who was running for public office. She wanted to succeed, but feared that she lacked what it would take to win the election. She was a former Olympic bronze medal winner and had competed in three Olympics. Based on this huge achievement, I knew that she had the strength and discipline to run a campaign, but it took a while until she really believed it. By creating a manageable plan and breaking the tasks down to little steps, she was able to make consistent progress. The end result? She won the election, and won again two years later!

Here are some tips to build your confidence:

### Keep a list of past and current successes

Left to your own devices, you may tend to focus on the 1/2 of the glass that’s empty. By listing your successes, you’ll refocus on the positive – what you’ve achieved and have going for you.





For more information  
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For each of your successes — identify the strengths, talents and abilities that made each of these accomplishments possible.

Feelings aren't facts. Rely on your track record. Your negative mood will pass, but your achievements will endure.

To stay on a positive track – keep a daily success log.

## Make a warm and fuzzy folder

Save kind words that people have sent you in a “warm and fuzzy” folder.

Write down compliments you have been given and include them in the folder too.

For a pick-me-up – check out the contents of your folder when you're feeling blue.

## Take risks

Step out of your comfort zone.

Each time you “push the envelope” and try something new, it'll move your confidence up a big notch.

## Underpromise & overdeliver

Underpromise – Make smaller, more manageable commitments that you're sure you can achieve.

Underpromise – Give yourself a wide window of time to sufficiently do what you said you would.

Underpromise – Be sure to complete what you commit to within the time promised. You'll feel great about yourself, and please others while you're at it.

Overdeliver – Once you master underpromising – consider completing your commitments ahead of time. This act is guaranteed to yield smiles.

## Speak in public

Finding your voice and expressing it in public can be very energizing.

It's great to know that you have something to say – and then express it!

The more you speak in public, the easier it gets, and the more confident you'll feel.

Consider joining Toastmasters – a club that helps people develop their public speaking skills ([www.Toastmasters.org](http://www.Toastmasters.org).)

## Have you found it hard to be and stay confident on your own?

Call Millie for a free coaching session to address this and other issues that are holding you back. In this session, Millie will help you design a 90 day plan for moving forward.

“It's amazing what's possible when you feel as if there's someone cheering for you. I couldn't have made it through my electoral campaign without Millie. It was as if there were two of us out there knocking on doors.”

**Jeanne Ashworth**  
Town Supervisor

