



# AMC: We Care...We Connect

## Topic: Confidence

**GOAL:** Create strong individuals and teams who act with courage and commitment.

### FACILITATOR NOTES

#### TOOLS TO PREPARE YOURSELF

1. This conversation tool is designed to allow supervisors flexibility in facilitating an important discussion on perspectives. The discussions and concepts can be incorporated into individual conversations, office meetings (virtual or in-person) or a group chat using ZoomGov or MS Teams.
2. Remember to demonstrate good listening skills, ask for input from all group members, and be intentional with your words and actions throughout the discussion.
3. Continue to place emphasis on creating strong individuals and teams with courage and commitment.

### THE EXTRA MILE:

#### Additional Resources

1. Watch the video "The Skill of Confidence" by Dr. Ivan Joseph (13:20) <https://www.youtube.com/watch?v=w-HYZv6HzAs&>
2. Watch the video "Turning Confidence into Courage and Grit" by Simon Sinek (1:32) <https://www.youtube.com/watch?v=IBcfu9eBwF0>
3. Your installation Community Action Team can provide info on additional resources i.e. True Colors, EQ, PDP, and resilience skills.

### FRAMING THE CONVERSATION

Confidence is an essential skill that directly strengthens us as leaders, peers, subordinates, and in our many personal roles. Strong leadership requires we each have the confidence to make necessary decisions for proper mission execution.

Helping our personnel build confidence by identifying personal strengths can transform them into individuals who are equipped to meet challenges head on. In order to lay a firm foundation, we must first identify and maximize individual strengths. Confident individuals own their strengths and act on their values, creating more effective teams that support each other and the Air Force mission.

#### SUGGESTED DISCUSSION POINTS:

1. What does confidence mean to you?
2. How do you overcome moments when your self-confidence is not as strong as you would like?
3. When faced with tough decisions, what characteristics or skills do you rely on the most and how do those skills give you the courage to act?
4. What strengths or skills do you need to improve upon in order to become a more confident team member?

#### MISSION CHALLENGE: HOW TO APPLY THE LESSON

Have your team members complete the "Self Talk" exercise below on page two over a designated week and then bring the team back together to discuss lessons learned.

# The Extra Mile Activities - Self-Talk

Target Audience: Everyone

**Purpose**

A How-to Activity to further the Art of Leading Oneself

**Description**

Self-Talk is the way your mind speaks to you in all situations, from daily routines to difficult life events. It is the voice that can either encourage you or chastise you. This inner voice can lead to undesirable behaviors, from a lack of self-confidence to narcissistic behaviors. The good news is that by listening to your inner dialog and shifting it to become more in line with what you really want, you can transform your life.

**Employ**

**Self-Talk Instructions:**

The exercise below is recommended to help increase your self-awareness and manage how you perceive things, which in turn, affects how you react.

1. Observe the exact self-talk you think on a daily basis — not the general. Note down the observations in a small notebook or notes section on your phone for one to two weeks.
2. Note the following:
  - a) Was your self-talk mostly positive or negative? NOTE: The key to this step is to simply stand back and listen to the tone of your Self Talk, without making any adjustments just yet.
  - b) Open PDF link below and refer to page X. Annotate which situations you experienced either negative or positive self-talk. Did any of the situations relate to each other and if so how?
  - c) What emotions relate to the specific situations and your internal self-talk during those situations?
3. Decide what type of Self-Talk you want to hear. If you want to be more positive, look at the various situations throughout the day and see where you can change your perspective.
4. Once you understand how to identify your self-talk, try to use it in a conversation. For example, look at a situation, talk about it and see where your internal self-talk thoughts lie.
5. At first, identifying self-talk can be difficult but once you start noticing a trend, you can then change it if needed. With experience, you are able to best identify where your self-talk takes you and how you can change it.

Practice Changing your **Words** to Change your **Mindset**:

From: Nobody can do it but me. To: Did I take the time to train & develop them?	From: This is done well enough To: Does this represent my best work?	From: I will never do it like they do. To: What can I learn from them?	From: I can't do it. To: I am going to train myself to do it.
From: I do this very well. To: I'm on the right path	From: I give up. To: I'm going to use some strategies that I learned.	From: I made a mistake. To: Mistakes can help me to learn better.	From: No one understands me To: What am I not communicating?

Stop Negative Self-Talk Video Exercise: <https://www.youtube.com/watch?v=HOSAVGnQ5Xo>

Positive Self-Talk Worksheet: [https://docs.education.gov.au/system/files/doc/other/area\\_a\\_personal\\_management\\_-\\_positive\\_self\\_talk\\_0.pdf](https://docs.education.gov.au/system/files/doc/other/area_a_personal_management_-_positive_self_talk_0.pdf)