

# CONFIDENCE - PART 2



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In an earlier paper, I discussed the value of being confident yet humble, and certainly not arrogant. People are inspired to follow leaders that they actually like! If their first instinct is to avoid you, they probably aren't looking to go above and beyond what's expected which is extremely valuable in a resource constrained environment. In this paper I want to focus more on the confidence part. As I write this, I am fully aware that I don't necessarily know any more than the reader. I write because it helps me to remember my own challenges I faced on this journey. Forgetting where we came from leads to a loss of respect from others, and besides that it's a waste of priceless life-lessons. If I can help someone else that reads my musings, terrific! The following are some rules I find important to building and maintaining confidence.

1. **Be comfortable in your own skin.** Authenticity is not an option in a world that demands transparency. You can only be authentic if you know what makes you tick; study your own personality, strengths and weaknesses. It is said that you can only understand others to the same degree you understand yourself.
2. **Remain calm no matter what!** Calmness and patience exude confidence. Winston Churchill was famous for his extraordinarily calm demeanor. It certainly makes sense that calmness plays such a large role, because it shows you are not worried or anxious. Worry usually leads to haste, dilutes concentration and alienates people.
3. **Focus on one thing at a time.** Bouncing back and forth between tasks and not giving each your full attention leads to a loss of quality across all of them and inhibits your ability to remember important details. Attention to detail and high quality work reinforces confidence.
4. **Don't live in fear of making mistakes.** Confident leaders don't fear mistakes; they embrace them, and your team needs to know that it is ok for them to do the same. Mistakes often lead to innovation and if they are avoided at all cost, you aren't taking an appropriate amount of risk. Fearing mistakes is lukewarm and breeds mediocrity at best.
5. **Fake it 'til you make it.** Believe in yourself. If you don't think you can do something, you are usually right. Fortunately, the opposite is true too! With a positive attitude and confidence in your own abilities, you are just as capable as anyone else.

Authentic, calm and focused leaders with a positive "let's try it" attitude show a level of confidence that our service members need, especially in times of uncertainty. With many of today's members belonging to generation "why", they can get the answers they insatiably need simply by watching confident leaders in action.