OCTOBER 16

Build Confidence

Canada's Healthy Workplace Month

EXCELLENCE CANADA

Confidence grows when we try new things and speak up. Small courageous actions can make a big difference in personal growth and teamwork.



Share One Idea

During a meeting or discussion, share one idea or suggestion. Building this habit will allow you to build confidence, even if it's just a small contribution.

Ask a Question

If something is unclear, ask a question to better understand the topic. Having knowledge allows you to have the confidence to move forward.

Choose how you will

Build Confidence

Help a Colleague

Offer support to a coworker who may need help. This can help to reinforce your expertise, creating a sense of purpose and reduce personal anxieties.

Admit and Improve a Mistake

If you make a mistake, acknowledge it and work toward a solution. This habit will allow you to tap into your inner courage to admit the mistake, and build self-trust.

Learn more at
healthyworkplacemonth.ca

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Daily Resource

Confidence Reflection Sheet- Write Down:

- One brave action I took today.
- One thing I learned from it.
- One way confidence helped my work.
- One small brave action I will take tomorrow.

Workplace Tips

For Leaders

Create an environment where employees feel comfortable sharing ideas and asking questions.

For Team Members

Small brave actions, such as speaking up or offering help, build confidence and improve teamwork.

> **"I learned that courage was not the absence of fear, but the triumph over it."**
>
> **– Michaëlle Jean (Former Governor General of Canada)**

Learn more at healthyworkplacemonth.ca