



EPISODE 003

Confidence

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Tammy Roche: Welcome to The Helpers Podcast, if you're a community worker, counsellor, teacher, social worker, nurse or care, you're in the right place, sharing helpers stories alongside strategies and timely reminders that burnout does not need to be part of your path as a helper. Coach and fourth year social work student, Tammy Roche uses real experiences to highlight why taking care of you is important. As my childhood friend, Mr. Rogers always said, if you look for the helpers, you will know there is hope. Come walk beside me on the path for a little while.

Tammy Roche: You're listening to episode three of the Helpers Podcast. Confidence is just a skill. It's been something that I have been teaching. It is something that I have had to learn and I've had to work through. And I think that it can be quite easy to say that person has confidence and that's not me and I don't want you to be that person because confidence is something, it is a skill. It's a skill and let me just hit the definition so you can know what I'm talking about. So I looked up to things, I looked up, confident and confidence. And confident is under the dictionary as feeling or showing confidence in oneself or one's abilities or qualities. Okay. And if we look at confidence, confidence is the state of feeling certain about the truth of something.

Tammy Roche: So I'll talk about this in regards to myself. Let's just say we speaking. I've had people at speaking events come up to me afterwards and say, you're really engaging speaker, You're very confident. "Geez I'd like to be like that. I love to be able to speak a message with brevity. I love to be able to get to the point. I'd love to be able to not shake or sweat." Or any of those things that are commonly labeled when you are doing speaking in front of other people.

Tammy Roche: And that's most people's fear too. But I wasn't always that way. And it can be hard sometimes when we look at someone else to think, well, they have that I don't, and it's just not for me, but it is something that you work at. What those people did not know, which I would have if they asked me, but I had gone to toastmasters couple of years ago. I went for two years, once a week and I went to competitions and I did stuff like that and I worked at it even to the point where I'd share a story and I would show too much emotion. But it was

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something I worked very, very hard at. And it's something you yourself can be able to do quite easily. Now a lot of people will say, comes down to being authentic and you need to know yourself.

Tammy Roche: But I don't either think about those things right now. I just want you to think about it as a skill that story illustrated. It's something that you can learn. I've always been allowed speaker. I've always been someone that has a lot of tone to my voice. But it is definitely a skill that I had to find tune because there was lots of things that I didn't like. I hated the sound of my voice, but it was a skill that I learned. So free yourself confidence, you might be saying, well, that's all and well for you. You're sitting here on a podcast and you have spoken before, but you've got to remember with anything that you're wanting to gain confidence in. It's a skill and it can be learned. I know I'm probably sounding like a repeat right now, but I really need you to understand that.

Tammy Roche: So today, my aim really is to make you aware of the areas of your life right now that you already have confidence in or you already feel confident about. Now, it's funny because a lot of people that have spoken to me, that have ever said to me, how do you gain confidence? Or how can I be confident they don't recognize the areas in their life where they already are confident, where they already have had success or being told they're really good at something. Which AK. That's confidence. If you're really good at something, you must hold a level of confidence to be having that. Now, what I want you to be aware of is the confidence that you already have somewhere in your life. I am assuming you being a helper. You're very strong person and I'm assuming that you have many qualities that are enabling you to help people the way that you do.

Tammy Roche: So with that, I'd like you to acknowledge areas in your life that you feel confident in. Now, this might take a minute to think about or you might need to put that question on my favorite thing, a post it note and you might need to really just think about it. What do you think that you're confident in? Because a lot of us can think ... I remember hearing people say that I was a good speaker and I would be like, really? I'm so not like I'm just working at it all the time and I'm not really that confident, but yet I knew when I was on stage I knew that actually I was a good one, but it wasn't until and actually probably helped build my belief in myself was having people comment on you're really confident at that. So maybe you could think to someone in your life that says that to you, says you're really confident in dealing with people who are really alienated and have nowhere to go and have no resources and you're really confident with helping them see what's available to them.

Tammy Roche: You're really confident in talking about being resourceful and showing them how. Or it might be something like you're a teacher and you're really, really good with parents. The communication with parents is really important to you and you are very confident in speaking to the parents. Whereas another teacher

might say, hey, that's actually not my strong point, but that's actually yours. So have a think about one area that you're confident in already because this is going to help you build momentum. This is exciting. I love this sort of stuff, so you want to build as much momentum in your thoughts. You want to build momentum in what you already have because I'm here to remind you it's already there. You just may not notice it. When I started with a coach years back, it was something that I thought, hey, I don't have this. I don't have that, and she was very quick to point out to me all the things that I do have and maybe you don't have someone in your life that does that on a regular basis and maybe you do.

Tammy Roche: Either way, you need to ask this of yourself and I want to see what you come up with. So basically what I'm saying here is I want you to be aware of one area of your life. Just one, just think about it and you don't need to come up with it this second, but go back to like conversations you've had with friends or go back to something you've done and somebody has given you kudos. A pat on the back and said, "Geez, you're really good at that, or well done." That's where you can look and see areas that you are confident.

Tammy Roche: Now, if you're honest and you look at the area and let's just say someone says to you "Geez, you're really good at being resourceful with clients." You can take a situation where there would be how we could get anything out of that and you are resourceful and you find a way to make it better for the client, right?

Tammy Roche: That's an area you're confident in. Now think about it with that. Were you like that first day on the job? I don't think so. So the important thing here to note is that confidence is something that has to be repeated over and over again. It's a skill. That's all it is. So let's go a little bit deeper. Let's look at the beliefs that are behind confidence. Okay? So let's use a scale. Let's say speaking. So many years ago, about six years ago I wasn't very confident in speaking and so I went and recognize the need and I thought I need to up skill, I need to learn some skills. So I decided to go to Toastmasters and I was in Toastmasters for two years until I received competent communicator. It's like the first module and you have to do so many speeches, anyways, during that progress it's really testing you.

Tammy Roche: It's getting you out of your comfort zone and it's allowing you to really stretch yourself and then receive feedback in a safe environment. Right. So Toastmasters is really good. But probably about a year into it, I remember that I was practicing for one of the speeches I had to do that night and I felt like it wasn't going to go right. I just didn't feel good about it. Anyways, I showed up at the anyways and I did my speech and afterwards I remember talking about the process beforehand and going through it with one of the other members and I said, I'm just not a very good speaker. I just want to be a confident speaker. And he looked at me and he said to me, tell me what are you talking about? You are a good speaker.

- Tammy Roche: And I thanked him and because I wanted it to receive that compliment, but I didn't 100% take it on board, but when I went home over the next week or so, until the next meeting, I really thought about it and I thought you know what, I am getting up, I'm doing it, I'm practicing the skill, but what's really missing is my beliefs. I don't believe that I can actually speak and be confident in it. And that was hurting me and hurting my ability. So I stopped and I thought, okay, I'm a big journal person, a big writer. And I grabbed my journal and I wrote down every belief I thought I had about speaking and why I wasn't good enough. And I really had to face that. I even reached out to a friend of mine who's a professional speaker and is on the circuit and does lots of different speaking engagements internationally and around Australia and it's amazing.
- Tammy Roche: But she actually told me that she did something quite similar as well. So I did that the following week. I went to the meeting that week. I didn't have a speech, but I took the opportunity to raise my hand for a position that I think it was a speaker position chairperson where I would get the chance to speak in the group and I rocked it. I did really well and was quite happy with my outcome and I put that back to my beliefs. I believed that I was a good speaker. I believed, and I guess it comes down to that you hear that fake it till you make it sort of stuff. And that does help to a degree. I believe or it has for me anyways, is you need to believe that you could do it if you don't believe sometimes the way it works anyways for me is the feeling comes before the doing sometimes
- Tammy Roche: You have to have that vision, that intention, that awareness, and then coupled that with action. So my question for you is, what is one thing. Now you might be thinking, well, I've got several areas like most of us do overachievers in 2019, but think of one area that you want to get better at, something that you want to become confident on and I encourage you to really think about your beliefs around that one thing. And I want you to be honest though, because it's no good saying I am an amazing writer. If you're not sitting down and taking the time to write, you've got to hone in on that skill. You've got to practice that skill and that is how you gain confidence. So I want to look at another example for you because I think this one is pretty important.
- Tammy Roche: Now, how about talking to people, communicating with others? I know that this can be a real tough space for some people who can find it hard to stand up for themselves. So to say no. Any of those things. Well, you could also take that as an example and do some belief work around that. So that might mean encouraging yourself to write down what you believe about that. Sometimes when you put these things on paper, you'll be quite surprised with what comes out on the other side. I do this often and I really believe that when I write it is the hand of something else helping me and contributing to the finished product. So another thing I want to touch on around belief work, which is a practice of mine, has been for many, many years, is if you want to see the relevance of this or like what it actually produces, have a look at any professional athlete or let's

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just say even if you have kids and they're in dance and they really loved dance and they really believe they're good at it.

Tammy Roche: Anyone that is doing something that they're passionate about is what I mean. So if you look at them and you were to ask them if they believe in what they're doing, what would their answer be? It would be yes. Because if they didn't, they wouldn't be able to do it. Do you hear me, get what I'm saying? So that helped me. I suppose ... so over the years, that's helped me incredibly because I remember someone wise once told me, a mentor, one of my mentors said to me, if you ever wonder what focus, determination and commitment looks like, have a look at the Olympics. And I said, what do you mean? And they said, if you look at the athletes as they're about to do whatever it is they're going to do, so let's just imagine the luge for one example. You look at their eyes, you look at their focus, their determination, and their commitment.

Tammy Roche: You can also see a play onto their visualization, which that you can take it another step further, right? But that is belief. Belief in the highest term. So knowing what I've said today, my main takeaway that I want you to have is confidence is nothing but repeating a skill into your belief becomes ingrained. So as I had said previously, your belief comes from the doing. So we might have a belief, for example, I'll just use travel, going somewhere and you go say you went on a trip and everybody was quite rude and you had this new belief that that particular place was filled with rude people. That was through your experience. You learned that belief. Now there's other ways and I will get into belief subjects later on in the podcast. Probably about six years ago, I did a Tony Robbins unleash the power within and then I went deeper I think three or four years after that at date with destiny and we did a lot of belief work and I couldn't even believe what was being pulled up there.

Tammy Roche: So getting back to confidence, it is nothing but repeating a skill until your belief becomes ingrained. What skill would you choose that you can tie to a new belief? So say for example, running, you think that you are not a runner. This is very personal to me because that was me a few short years ago and I had it in my head that I would never run. I'm like, that is not me. I'm not a runner. I am incapable of it. I hate it. Reminds me of high school gym class. It is the most horrible thing I think anyone would willingly do to themselves. Fast forward a few years later, I had a PT who got me thinking into about running and she used to make me do my five minute warm up running and even though I hated it, what I loved was the feeling after.

Tammy Roche: So through that experience I did change my mind about what exactly new beliefs did to me. And I became a runner. I started doing park runs. I recently, just in October, I think it was, I completed the couch to 5k, which was a good restart my health. So that belief then means that me putting all my runners and deciding Monday morning that I'm going to run twice this week, whatever may

be, I have that belief, but if I would've not gave in and just continued with the negative thoughts and thought, I'm not a runner, that isn't me. Without having that experience, I wouldn't have that beautiful euphoria that you get from running.

Tammy Roche:

So your beliefs are gained in three different ways. And I'm just going to go over this briefly, but let me know if you want me to delve deeper. So the first way is personal experience. You've gained your beliefs from personal experience, so you might have gone to a restaurant and the last time you were there you had a really root server, the food came out cold and the next time you go to that restaurant you are going to be thinking about that previous experience and you're probably going to frame the next experience based on that one. Am I correct? Got Me on that. So the second is opinions, media. That's how you gain beliefs as well. And the third is subconscious. So I like to say this is linked to your past, so you aren't even aware of some of these beliefs that you have. Several years ago I went to a Tony Robbins event and worked through beliefs quite extensively and I could not believe some of the beliefs I had and I made it a practice to actually write down sets of belief and then touch on it every few months. It was very empowering because I didn't realize how much stuff came up that wasn't even there and obviously in sessions with my coaches that I've had over the years, I have had to do some belief work around that.

Tammy Roche:

Now, the other thing that is really helpful, and I'm a huge one for his visualization, so visualization really gives you a good strong point to jump off of. So I do something with clients and three hours long and I do a vision board workshop, so I've been doing this for years one on one and in groups and I really enjoy working with people who find it hard to visualize. Now if you're one of those people, that's okay. Know, you're not alone. There are many, many people who find this hard activity. I found it with previous clients that it was the high achievers who were very hard to actually get artsy, crafty and get out the scissors and look through stuff and think of a bigger vision, but when it comes to developing a skill, having that bigger vision, having something that you can look at and close your eyes and you imagine it.

Tammy Roche:

So going back to what I said about the athletes before, right? What are they doing? Visualization has a huge part of it. I can recall a few different times when athletes have won a gold medal at the Olympics and they're being asked how did they do it or how do they feel is usually the number one question they get asked and many times what you'll hear them say is, I've seen this. I've been here before. That's because they visualized. So go for us, be Confident, but please, please, please know that it is a skill. It's achievable, it's doable. It may take time like all things that are worth it, but you can get there. Am I making this simple enough for you? I don't want you to think that having confidence, holding confidence, being confident are things that you cannot access or not available to you.

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- Tammy Roche: I really want you to understand that no matter what it is, I know one of the skills I want to learn in 2019, I'd like to think about diving, well, if I was going to be a diver that makes me feel really uncertain. I don't know anything about diving. I've got lots of insecurities around that, but it's about taking the first step of action and then looking at my beliefs around that. Well, why do I feel that way? And questioning yourself, and then as I do it, step by step, I gain more confidence. It's as simple as that, so does that make sense? I hope that gives you something to think about. I hope that you've enjoyed little different look at confidence and having confidence or being confident. Overall I just want to simplify these strategies for you. I want it to seem simple, easy, reachable because it is.
- Tammy Roche: Now, one thing I want you to remember as you're practicing this new skill of gaining confidence is the amount of time it takes you to react to something. So when you get those self-talk in your head that tells you that you can't do it, that you're not quite there, that you're not confident. This isn't you. Just let it pass by. Now I have a podcast coming up in a few weeks around self-talk, which I'll be excited to share a few different strategies to overcome that, but for now when you're practicing this new skill, I really want you to just take the time to just breathe out and don't sit too long with that thought.
- Tammy Roche: So let's do the roundup of this anyways. So having confidence you know that it's about you gaining a skill over and over and the more you do it, the more confident you become. Yes. So it's like all things I think you need to make the decision that you actually want to have confidence because that's something we can kind of weave our way out of. We can actually say, well, I'm just not confident at that and use that as a cop out when we use that as a cop out. We're not going to be gaining confidence our way and it could be that the area that we want to gain confidence in secretly, we really don't want to do anyways, so we're happy with using that excuse, but if it's something or some skill that you really, genuinely want to have, it is worth it for you to invest the time and energy into discovering, grabbing a journal, grabbing a piece of paper, post it note, whatever it may be, just to jot down a few things that when you think of that some beliefs you have, I promise you, you will enjoy this activity.
- Tammy Roche: In the coming weeks, I do have a podcast coming up that has about vision boards. It's about the history of vision boards. Why use them, how I've used them to create things in my life. And my answer is actually around that might surprise you. You might actually be surprised at so airy fairy as you probably think it might be. I use vision boards differently than a lot of other people I know and when I work with them. well actually I'm just going to let you wait until that episode because otherwise I'm going to go over the 30 minutes. I want to take a moment now to say thank you so much for showing up and listening to my podcast. I know you've got a lot of choice out there and I am very grateful that you have chosen to spend your most valuable resource your time with me.

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Tammy Roche:

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