

Self- Doubt

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A little self- doubt is a good thing but too much can become a crippling angst which will undermine your leadership and your team/business.

Here are my tips to overcoming self- doubt in a leadership role and developing the emotional resilience to succeed.



Define Your Values and Your Goals

Your starting point. What is it you are aiming to achieve and what is important to you in reaching your goal? Defining your ethics and values and staying true to them will enable you to cut through a lot of the confusion around decision making and give you clarity of purpose. Consistently lead with your values. This enables you to make the “right” decision even if it isn’t the easiest or most efficient route.

Know Your Stuff

It may sound simple but that is because it is. The more you apply yourself with an open mind to understanding the intricacies of your line of work, the less reason you have to doubt yourself and the more confident you will become. Research and embrace your place as a continual learner. By accepting that you are always learning you also accept you don't need to be perfect and you strive to improve. Become a self-reflective learner and grow in confidence.

Nurture Relationships

The people we surround us with influence our moods – positively and negatively. Whilst it is impractical in work to surround yourself purely with people you like, you should nurture relationships with your critical friends – those who can positively critique without undermining your confidence. These are your most valuable colleagues. They will give you considered feedback that you need to embrace.

Be Brave

Don't be afraid. Embrace the reality that you don't have all the answers and the equal reality that you don't need to have them. This will help to free you from fear of failure – a fear which leads to crippling self-doubt. Once you embrace that you don't have all the answers you can stop making excuses. It is ok to fail as it is ok to succeed – we should embrace both as opportunities to build upon and celebrate the benefits both can have.

Follow Your Gut

Whilst accepting all of the above and practising them you will free up your instincts to be clear. In doing so – follow your gut and rely on that instinct inside you which tells you the right way to go. Often that gut reaction is the choice we make before our ego gets in the way and all our fears and anxieties take over our decision making so it is imperative we hear that voice of our instincts and grab hold of it!