

Tips to Build Confidence in Your Next Career Move

1. Reflect on your achievements - make a list of challenges you've handled, systems you've improved and teams you've supported.
2. Recognise your transferable skills - communication, organisation, leadership, and problem solving are valuable in any role.
3. Ask for feedback - hearing what others appreciate about your work can boost your confidence and highlight your strengths.
4. Set small goals - progress builds confidence. Start with manageable steps toward your next role.
5. Learn continuously - seek out resources, courses, or mentorship to grow your knowledge and skills.
6. Reframe self-doubt - instead of asking 'Am I ready?', ask 'What can I learn to feel more prepared?'
7. Celebrate progress - acknowledge your growth and give yourself credit for moving forward.
8. Stay connected - talk to others in similar roles to share experiences and gain perspective.
9. Know your impact - your work supports the entire practice. You are a key part of its success.
10. Be kind to yourself - confidence grows with time, experience, and self-compassion.