Positive Self Talk

Solution

Scenario

Your manager has asked you to deliver a presentation to the senior leadership team, updating them on progress of the new software that is being designed by your team. You are actively involved in this software development and are enjoying your work. You don’t feel that delivering a presentation is the best use of your skill set and you don’t enjoy giving presentations. You are a technical expert with very practical skills. You think someone else in the team would be better suited to this task. You’ve only been part of this team for three months and you are keen to make a good impression. You would prefer not to do the presentation as it may impact the impression you give to the senior leadership team.

Task

Step 1:

Even if this is not personally how you would feel about this task, record all the negative self-talk you consider this person (or yourself) would engage in, in relation to this scenario. Write these in the first column.

Step 2:

Then go back through each negative self-talk statement and re-frame it to be a positive self-talk statement and write that in the second column.

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| NEGATIVE self-talk statement | POSITIVE self-talk statement |
| Example: I’m not experienced enough to give a presentation to the senior leadership team. | Example: This is an opportunity to impress the senior leadership team and make an impact with people I don’t usually get an audience with. |
| Example: I will just talk too fast like I normally do when I’m nervous. | Example: I will practice the presentation and get feedback from others to help me slow my pace. |
| I will end up mumbling terms just for the sake of delivering the presentation. | I can take this opportunity as a revision to my public speaking skills. |
| It’s very difficult to put the use case of product while I am just delivering the technical aspect of it. | I can get to reflect on the product and maybe have an opportunity to tweak in it’s growth path. |
| I better take help of some colleague to make this presentation. | I should exhibit my skills so that my team gets to learn from my experience. |
| Even if I do a presentation, It will actually not be fruitful. | I might get to learn how to give presentation and it’ll help me in my entrepreneurship skills. |
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