Positive Self Talk

Template

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. |
| Example: I can’t deal with this presentation thing. | Example: I think we should give this opportunity to some other guy in the team, so that we can get best out of them. |
| Example: I am an introvert. | Example: I love my work and I will gain the best of me if I would be given an environment with peace inside. |
| Example: I think I am not the right person to give the presentation. | Example: I think I would do much better in the Tech Team, and that is how we can get the best and can save our time as well. |
| Example: What if I would shutter somewhere? | Example: I believe in myself; this is just a presentation and I am so confident about my work. |
| Example: What if I would not be able to complete the presentation? | Example: Okay, so this is going to simple as I have built it by my own, so definitely I am going to impress the client. |
| Example: What if the client will get some queries regarding the presentation? | This is a simple project and as I have built it by my own I can answer any query the client will shoot. |
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