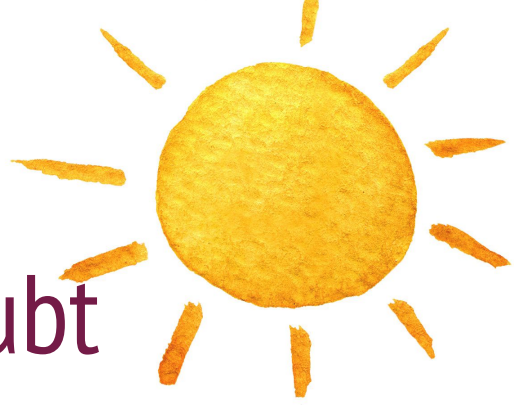


In Your Own Way: Leading through Self-Doubt



February 9th, 2019

Trent Capurso & Kaitlyn Lopes

Trent



- He/his/they/theirs
- Graduate student in the Sacramento State history department & UCD alum
- Recently learned how to cook for myself without using the microwave
- Aspiring community college professor/career in local government

Kaitlyn



- She/hers/they/theirs
- Undergraduate Academic Advisor in the Department of Political Science
- Bought watercolors recently and has loved playing with them (inspiration for this ppt.)

Community Agreements

- Shared²
- Speak from your own experience ("I" statements)
- Work to empower each other
- Acknowledge intent while addressing impact
- Listen to understand not to reply/debate



Learning Objectives

Participants will:

- Define self-doubt from their own perspective*
- Begin to understand where their self-doubt stems from*
- Learn to view self-doubt as an essential tool for leadership*

Introduce Yourself

At your table or small group, share your:

- Name
- Pronouns
- Major
- Year in school

Understanding Self-Doubt

What is Self-Doubt?

- From Dictionary.com: “Lack of confidence in oneself and one’s abilities”
- “Mind’s way of reminding you that you are concerned with something that you need to address.”



What is Self-Doubt?

- **Self doubt is not a sign of weakness.**
 - Some leaders experience doubts and ignore them.
 - Pay attention to your feelings of doubt. Acknowledging your feeling of self doubt will make you think harder about what you're doing. Then, you will be able to make even more thoughtful decisions.

Types of Self-Doubt

- Lack of self-confidence
- Inability to give oneself credit
- Imposter syndrome
- Extreme questioning of decisions
- Others?

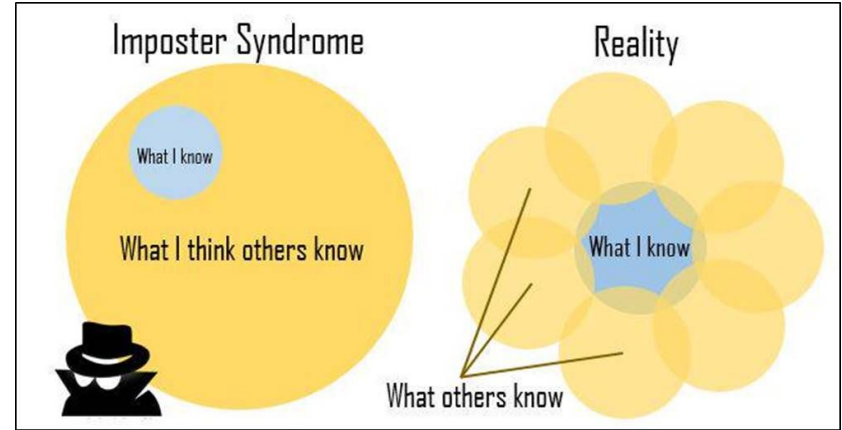
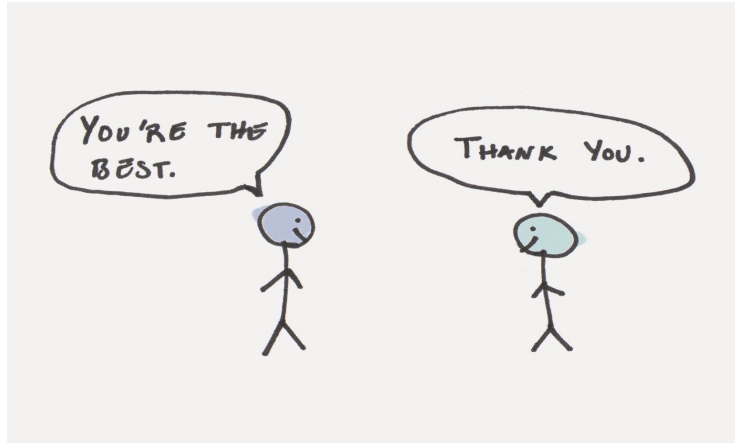


Image by David Whittaker (@rundavidrun) Used with permission



What causes Self-Doubt?

Where can self-doubt come from?

- Academics
- Family expectations
- Failing to recognize accomplishments
- Not reaching own expectations
- Not meeting expectations of others

Let's Unpack This

- How do these doubts relate to concerns about yourself?
- What about impacting others?



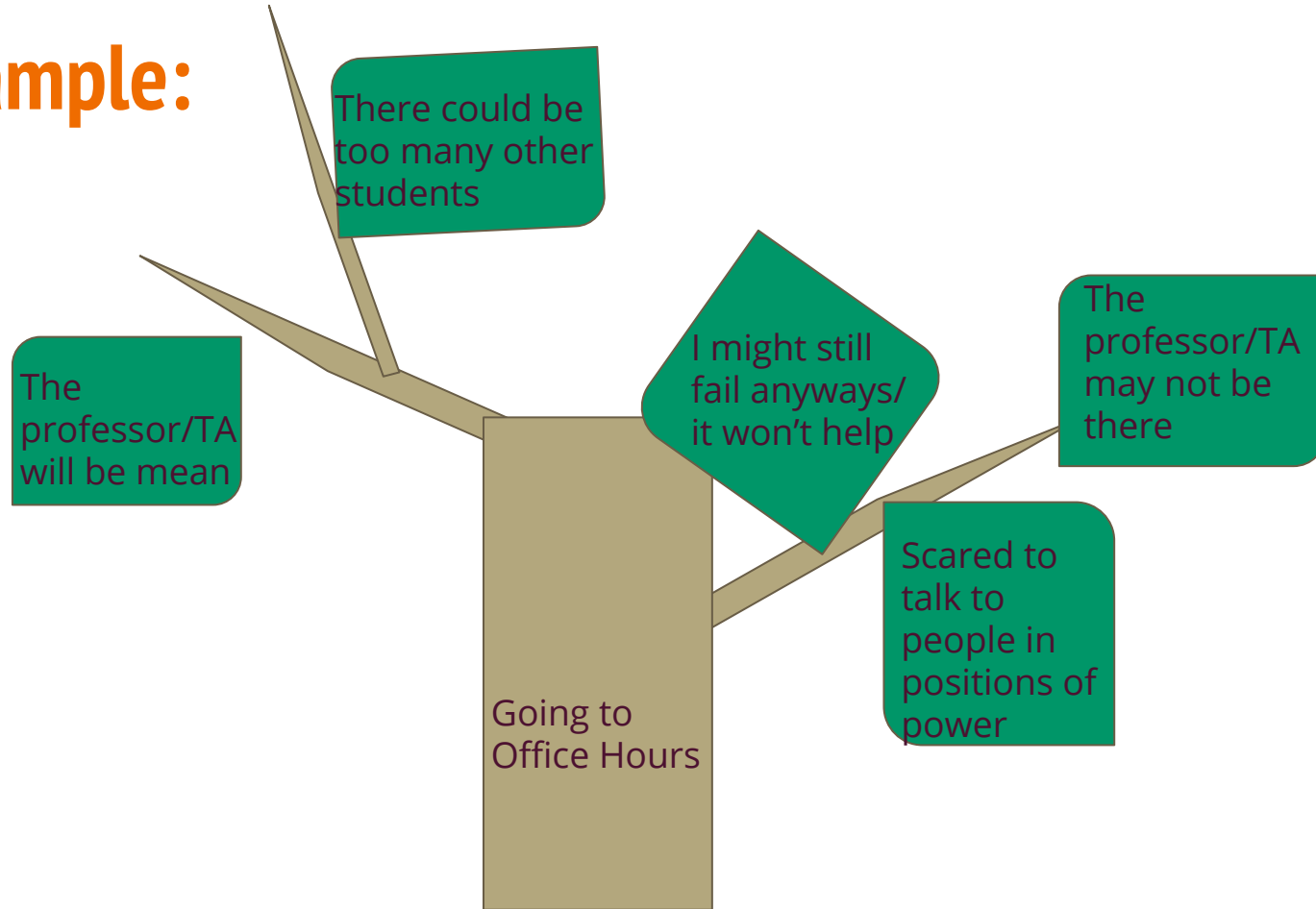
Activity: Self-Doubt Tree

Instructions for Activity

1. Pinpoint a thing/event that has caused you to experience feelings of self-doubt.
 - a. This is going to be your trunk/main portion of branch, the topic you will explore.
2. Break down this thing/event as much as you are able to.
 - a. Separate a large action into smaller components.
 - b. If it helps, you can use “self, others, and context” as a guide.
3. Repeat.



Example:



Reflection

What did you discover about your own self-doubt going through this activity?

Self-Doubt and the Leader in You

“Freedom from Self-Doubt”

<https://www.youtube.com/watch?v=SaQQVevhZEM&t=9s>

“Freedom from Self-Doubt”

Around your table, share one thing that stood out for you after listening to Dr. Davis' story.

Does their story resonate with your own experiences?

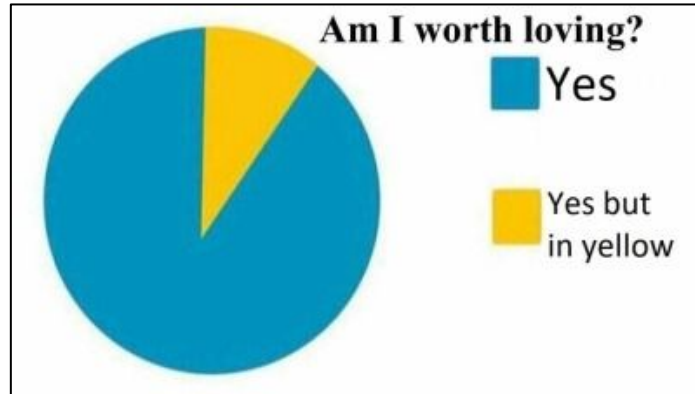
Self-Doubt and Leadership

- Without self-doubt, leaders can be overconfident.
 - Failure to take input, understand impact, and hold themselves accountable.
- Every leader needs a support system.
- Vulnerable leaders acknowledge their weaknesses, but know how to adapt and inspire others.
 - Being vulnerable means being authentic



Self-Doubt and You

- You cannot control how others act, but you can control how you react.
- You are WORTHY even if you doubt yourself.
- In what ways are you in position to take action and address the doubt?



Closing Thoughts

- Self-doubt should not be avoided, but understood.
- Understanding where self-doubt comes from can help you make an intentional, impactful, positive difference on yourself and others.
- By being vulnerable, you are more likely to create change within yourself and inspire others.

References

<https://www.thoughtfulleader.com/self-doubt-leader/>

[https://www.2knowmyself.com/Where does self doubt come from](https://www.2knowmyself.com/Where_does_self_doubt_come_from)

<https://www.strategy-business.com/blog/The-Strength-of-Vulnerable-Leaders?gko=5ff21>

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Thank you!
Questions?

Bye friends, have an amazing day!
