

CONFIDENT ENGINEER

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Institute of Engineering and Technology

(Autonomous)

Griet
SKILL
SERIES

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Self-confidence refers to the trust a person has in his abilities and judgment, which enables him to express his knowledge and opinion freely with no or little difficulties.

Self-confidence is not a permanent state of mind – a person's level of confidence may increase or decrease within a given period. Whiles some people are confident all the time, others tend to experience fluctuating situations and another group of persons have almost no confidence at all.

Self-confidence is dependent on various factors including a person's temperament, society and culture, educational level, wealth, trends of successes and failures etc.



A highly confident person may begin to wilt in confidence after suffering consecutive failures but whatever the case may be, self-confidence is always a mind game; it is dependent on the mentality or mindset of the person. Anyone can become confident if he tries to.

Importance of self-confidence as a skill to an Engineer

Obviously, self-confidence comes along with tremendous advantages. Especially in your career path, it is one of the skills that is needed every step of the way. There are certain persons and job positions that require people with absolute self-confidence. Some of these are lawyers and judges, journalists, managers, public relations officers, actors, pastors, teachers, marketing managers and sales personnel etc.

Self-confidence is a skill that is needed by everyone. Below are some random benefits of self-confidence:

- Self-confident people are able to express themselves freely and create a lasting impression on the minds of employers during job applications and interviews.

- Because of the relationship between self-confidence and competency, people easily trust self-confident people. Due to this, substantial projects and valuable contracts are often awarded to highly confident employees.
- Self-confidence is the driving factor that spurs entrepreneurs and pioneers on to commence new projects.
- With a high level of self-confidence, you are able to take independent but great decisions in your organization or your field of work. You don't worry your superiors with constant requests for directions and instructions.

**TAKE CARE OF
YOURSELF.
MENTALLY,
PHYSICALLY AND
SPIRITUALLY.**

How to improve self-confidence

As we talked about earlier, self-confidence is dependent on a number of factors. You may be confident today but what if something very embarrassing happens to you tomorrow? Will you still be as confident?

No matter what the circumstance may be, there are a few tips that can help you maintain a good level of self-confidence.

- **Prepare and equip yourself.** Being sure of your capabilities and having a track record of successes is a natural way to raise your level of confidence. Your confidence is boosted when you are sure you will be successful in something because you've done it before. Train yourself till you have acquired all the needed skills in your specific field of work and take practice tests if possible. Successes in practice tests automatically raise your level of confidence.

- **Have a positive self-perception.** People, for various reasons, suffer inferiority complex. They have the perception that others are better than them. Many a time, this is due to the temperament of the person, especially phlegmatic people. Make a habit of thinking

positively about yourself. Focus on your strengths and see your weaknesses as an opportunity to learn more. If someone is better than you in one aspect, take a look at their shortcomings and compare them to your strengths. Gradually, this exercise helps you develop an I am better than him mentality which affects you positively.

- **Assertiveness.** People are used to criticizing people and shunning their opinions. The more you allow your opinions to be ignored without taking a strong stance or defense, you begin to lose confidence in yourself. Stand by words and opinions, and try to explain every little reason for your actions or opinions. When people get convinced and accept your ideas regularly, your confidence level will be on the increase.



1. Get clear on your goals by reflecting and experimenting

Think about everything you have done in your career to date. Reflect on the positives, but also on the failures and use them to learn and to grow your confidence. Experiment by trying new things and taking risks.

2. Re-frame all negative thoughts into positive ones

Robert Sharma, author of *The Monk Who Sold his Ferrari*, recommends to think about this concept as a slide show. Every time a negative thought pops up in your head, pretend to click a button and replace that negative thought with a positive one, just like a slide show. Attack negative thoughts as soon as they arrive.



3. Celebrate your strengths

If you want to build confidence, you must know what your strengths are, so you can lean on them. Use your strengths to your advantage and focus on what you are good at

4. Don't compare yourself to others

Focus on what you are doing and don't worry about the competition that is out there. Doing what you do best will build confidence for you in your career as well as your life.

5. Take care of yourself physically and mentally.

It is very important to focus on your physical as well as mental health by exercising and eating healthy. Taking care of the whole being will help you build confidence.

6. Push your limits

Get up in front of an audience and speak as often as possible. This action is going to help build your confidence, as it puts you into a position of authority.

7. Know your details

Learn everything that you can possibly learn about your field or your specific niche. That preparation is going to give you a tremendous amount of confidence.

8. Speak at a good pace and maintain eye contact

Control your tone, speak slowly and speak with authority. Good Body language, and have good dress sense may increase your confidence. Maintain eye contact as doing so portrays self-confidence to others.

9. Set small achievable goals

Set small achievable goals and every time you achieve a goal, you will start feeling how your confidence is growing. Set a time task for each goal, sub goals, and micro goals. Try to reach your goal in time



10. Be solution oriented by looking for opportunities

Focus on solutions instead of problems as this is one of the best things you can do for your confidence and your career. Don't crumble in the face of problems and danger, because if you do, it is going to be a very tough career for you as an engineer. Going far beyond that call of duty or study, doing more than others expect, this is what excellence is all about! And it comes from striving maintaining the highest standards or Goals, looking after the smallest Goals, and going the extra mile. Excellence means doing your very best. In everything! In every way.



But without confidence, competence will only take you so far. And unfortunately, too many perfectly capable leaders lack confidence. Building confidence does not require a complete personality overhaul. Instead, you can take smaller steps to become more self-assured and boost your confidence.

Here are some key actions you can take:

1. Push yourself out of your comfort zone.

Volunteer for a project that will help you build new skills. Apply for a job that feels like a stretch but matches your interests. Sign up to present or speak at an event and tackle your fear of public speaking head-on.

2. Visualize what you want as a first step to meeting a new challenge.

For example, see yourself in the role you want to achieve. Golfers are routinely advised to picture where the ball should travel as part of their swing. By

imagining yourself in the job you want, you can create that vision for those around you, too. Give yourself a head start by getting into character. Want to take an executive role? Be sure to dress, talk, and act like an executive.

3. Assess your competencies.

Write down all of the skills you bring to the table right now. Don't forget to include broader talents that can help your organization succeed -- now and in the future. By combining the world's diversity of people, networks, disciplines, and resources, and connectional intelligence helps companies drive breakthrough business results.



4. Create your own environment.

Instead of moving on when a workplace doesn't meet your needs, reshape it through your actions. Work with your team in a way that feels true and honest, sharing your competencies with complete confidence. In doing so, you will brand yourself within your organization and begin to attract people with similar values to your team. As your team expands to include more people with your mindset, your environment will evolve to one where you want to work.

5. Have others instill confidence in you.

People who are able to cut through bureaucracy and make decisions quickly are rewarded for having the confidence to get the job done. According to a study from Knowledge@Wharton and SAP, 62 percent of business leaders say they are overburdened with complicated process and this inhibits productivity and performance. Raise your hand to tackle a few of these projects. Once your peers recognize that you are a problem solver, they will instill confidence within you. Having others reinforce this belief will help you realize your potential.

6. Fake it 'til you make it.

When my children were small, I often read them Winnie the Pooh. In the story, Christopher Robin tells Winnie, "You're braver than you believe, and stronger than you seem, and smarter than you think." In much the same spirit, you are more competent than you know. So act like you know it all! Adopting that mindset will help you take more risks and overcome any fear of failure.



7. Be the change you wish to see.

Once you've taken steps to build your own confidence, don't forget to give someone else a hand up. Through peer coaching, you can partner with others to create a positive change. Choose someone who works closely enough to see you in action. Each week, give positive feedback to one another on the strengths that you have each displayed. By refusing to accept self-critical behavior and helping one another to erase blind spots, you can enhance one another's confidence. Better yet, you'll be helping your peer advance her prospects while liberating talent that will benefit your organization.





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