



Tim Bloom <bloomt@newton.k12.ia.us>

9 steps to build your self-confidence

2 messages

Employee & Family Resources <marcom@efr.org>

Reply-To: marcom@efr.org

To: bloomt@newton.k12.ia.us

Wed, Oct 5, 2022 at 9:30 AM

Hey Tim, encourage your teams to take well-being into their own hands and remind them of the valuable EAP resources at their disposal by sharing the Life Happens Headlines!



life
Happens
HEADLINES

October 2022 | EMPLOYEE EDITION



Steps to Improve Your Self-Confidence at Work (And in Life)

You know a confident person when you see them. They radiate self-assuredness, secure in who they are and what they bring to the table. Their unwavering sense of self-belief convinces themselves and others that they are capable of achieving what they set out to do. Self-confidence is a powerful skill, enabling you to trust your judgment and abilities while anchoring you securely within your identity. Confident people value themselves, knowing their imperfections and others' opinions don't define their self-worth.

Uncertainty and self-consciousness can be debilitating, holding you back from achieving, or even attempting, to achieve your potential. While some people are more inclined towards confidence, it's not an inherent trait. This state of steadfastness is a skill that you can learn. Developing your self-confidence will help you step out of your comfort zone with less fear and anxiety, motivate you to achieve your goals, and remain resilient when facing challenges.

[Read Steps to Improve Your Self-Confidence](#)

Financial Prosperity

Practicing financial well-being gives you a sense of security and the freedom to plan



for the future you want. Cultivate more prosperity in your life by challenging yourself to complete October's Monthly Motivator!

Download the October Monthly Motivator

As we plan for webinars in 2023, we want to know - **what's top of your mind, and what would you like to learn more about?**

Your feedback helps us cover subjects that are important to you. Help us plan for 2023 by giving your input in a brief, multiple-choice survey!

Give your input



We're Here to Help

Put Your EAP to Work

Life happens, and as your Employee Assistance Program provider, we're here to help you and your family overcome life's challenges by connecting you with quality, supportive resources.

It's free, confidential, and available 24/7. Connect with us by calling **800-327-4692** or explore your benefits at efr.org/how-we-help/work

Explore Your Benefits



Hear from the experts on topics designed to empower you with the knowledge and skills to improve your personal and professional life.

Watch our library of webinars on-demand with timely topics including LGBTQ+ and mental health, reducing stress, taking control of your finances, preparing nutritious meals, and so much more!

Explore Webinars

Emotion Well is EFR's monthly podcast! Wellness Manager and host Johanna Dunlevy dives into conversations with experts and people with lived experiences on topics that enrich your mind and body.

The demand for mental health services has never been greater, but what does that mean for those living in rural and farming communities? Fifth-generation farmer, Jason Haglund, shares how accessibility, availability, and acceptability play a factor in addressing mental health and preventing suicide. Jason also shares how Mental Health First Aid can help move us towards greater acceptance and comfort when mental health concerns arise.

Listen to Emotion Well



EFR EMPLOYEE & FAMILY RESOURCES

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Employee & Family Resources | [505 5th Ave, Des Moines, IA 50309](https://www.5055th.com)

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