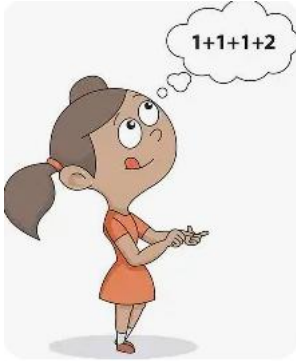

Count your fingers and toes.....and maybe borrow someone else's....



Have you been in a situation where someone has decided your experience and qualifications for you? Have you come back into work after a career break and the team have forgotten you actually have worked before? Has this made you think you're not qualified enough or don't have enough experience in your current role? Or just downright irritated!!

As a manager, overseeing teams and facilitating a wide range of development programmes, a recurring theme emerges whenever I ask participants what concerns them most. The predominant worry, voiced time and again, is the sentiment: "I don't feel like I'm enough to be here."

This feeling is pervasive, regardless of role or experience level. Individuals often question their own abilities and qualifications, wondering whether they truly belong in their current position or environment. Such doubts can have a significant impact on confidence, motivation, and overall performance.

In a qualitative performance management culture, it's so often the case that other people are representing you in performance and progression conversations. Often it's someone you've not known for long or hasn't really spent the time to understand what you have brought you there today. Let's be honest, these reviews are also rarely without bias.

One piece of advice I give people is count how many years of experience you have on your fingers and toes. These years of experience are part of you, and no-one can take them away.

When you progress, especially in a competitive environment, people want to reset you for their own narrative.

Executive coaching can help you understand how your experiences can help you career path and provide understanding and tools to make the best of your background and experience, and whether it is time for a change.

Get in touch to find out how LoGho Executive Coaching can help you define and own your path

Own your Brand!