**EAPondering – Real Tips Toward Greater Confidence**

A message from your Employee Assistance Program

Precious few of us exude a clear sense of overall self-confidence. Self-doubt and second guessing sabotage many of our best intentions in both professional and personal endeavors, binding us to self-imposed tethers that hold us back from achieving our goals and tend to erode our self-esteem.

In her blog post from *Psychology Today.com* Megan Dalla-Camina, author, and creator of an on-line course titled *The Career Toolkit,* shares 4 simple steps that promise to change how we actually view ourselves and boost confidence. Follow, or copy and paste the link:

https://www.psychologytoday.com/blog/real-women/201702/the-truth-about-becoming-more-confident

If you would like to learn more about improving self-confidence, or any other concern, the UConn Health EAP provides confidential, free, professional consultation, brief counseling and/or referral for faculty, staff, graduate assistants and household family members to help identify and resolve problems or concerns affecting you, your family or your job.

Call today for a private, no-hassle appointment.

860-679-2877 Statewide

800-852-4392 (CT toll-free)