

University of Maryland

Project Management Symposium

NEXT SESSION

Confidence Leads to Successful Project Management

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A.J. CLARK SCHOOL OF ENGINEERING
Civil & Environmental Engineering Department

This session will be recorded.

Project Management Symposium

Confidence Leads to Successful Project Management

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Objectives

- Explore how confidence supports being a successful PM
- Understand what can shake your confidence
- Identify ways to regain confidence.





Self-Confidence Quiz

A = If it is true for you **most** of the time

B = if it is true for you **some** of the time

C = if it is **not usually** true





Confidence



**Knowing &
Proving**



Self-worth





When have you lost your confidence?





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I am confident?





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Factors that Influence Confidence





External Factors

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Culture within your Organization

- Alignment of mission, purpose, or vision
- Openness of communication around changes
- Trust-building behaviors
 - Respond to mistakes or errors
- Adaptability and flexibility to new technologies
- Responses to personal difference (e.g., non-neuro-typical, age, race, socio-economic status)



Other external factors


- Understand how others perceive you can impact your confidence.
 - Seek honest feedback from bosses, peers, or colleagues
- -isms (racism, ageism, sexism, ableism)
- Disruption of jobs – AI
- Life events (medical diagnosis, death, divorce, etc.)



Internal Factors

Knowledge

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- 
- A vertical graphic on the left side of the list, consisting of four white circles connected by a thin red line, resembling a magnifying glass handle. Each circle is positioned to the left of a corresponding text box.
- Acknowledge what you already know.
 - What information do you need to gain?
 - Are willing to learn the new information.
 - Do you have a Fixed or Growth mindset?



Perception of Self

How do you see your role?

How has interaction dynamics changed?

Who are you without your title?





Support Systems

- Building Community & Relationships
- Exercising – strength, cardio, stretching
- Healthy eating
- Sleeping
- Taking time away from work (& not thinking of work)
- Playing

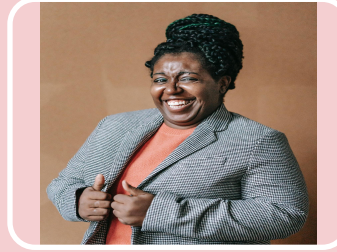




Strategies to Build Confidence



Mindfulness



Self-Intelligence



GRIT



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Mindfulness

Mindfulness is a state of active, open attention to the present. This state is described as observing one's thoughts and feelings without judging them as good or bad.



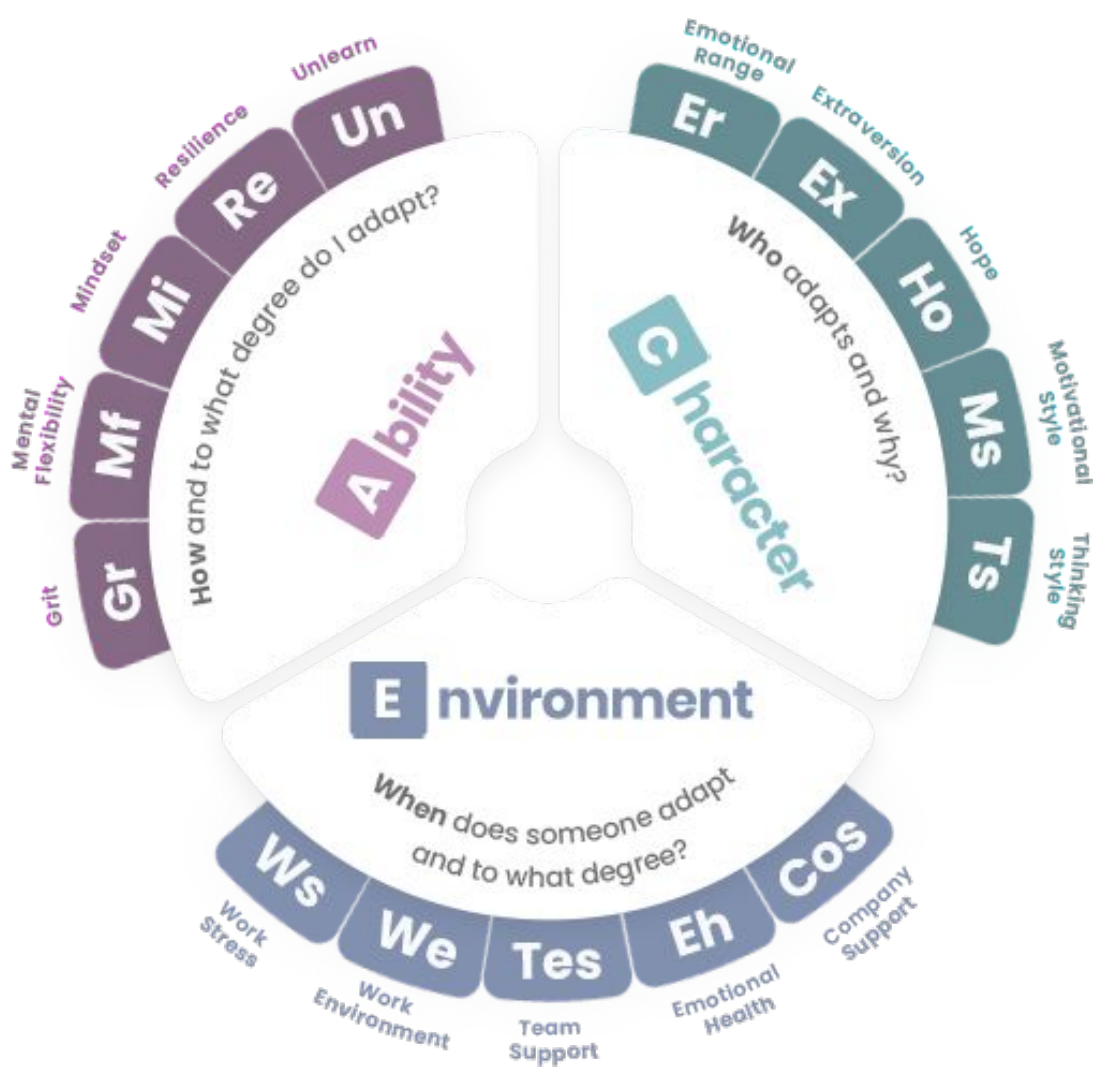


Aware of your “Q’s”?

IQ



Adaptability





In conclusion - Know Yourself

- Know yourself
- Inventory your abilities
- Do great work
- Silence your inner critic
- Embrace your life outside of work



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References and Resources

- Confidence Quiz
<https://www.psychologytoday.com/us/blog/shyness-is-nice/201810/how-confident-are-you-really>
- **Atlas of the Heart** by Brene Brown
- How does Company Culture Affect Business Performance | Forbes
<https://www.forbes.com/sites/forbesfinancecouncil/2022/08/10/how-does-company-culture-affect-business-performance/>
- Leadership Intelligence : EQ, IQ, PQ, SQ, AQ & CQ | LinkedIn
<https://www.linkedin.com/pulse/leadership-intelligence-eq-iq-pq-sq-aq-cq-g-subramanian/>
- Why PQ Matters More than IQ and EQ | Positive Intelligence

A decorative graphic consisting of three overlapping arrows pointing to the right, colored red, yellow, and black.

References and Resources

- How (and Why) to Boost Your Adaptability Quotient | Forbes
<https://www.forbes.com/sites/robertcerone/2019/12/20/how-and-why-to-boost-your-adaptability-quotient/?sh=5d6845656918>
- AQ Model <https://www.aqai.io/>
- GRIT | Angela Duckworth <https://angeladuckworth.com/grit-book/>

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Evaluate Session

