

LEADERSHIP BOOT CAMP

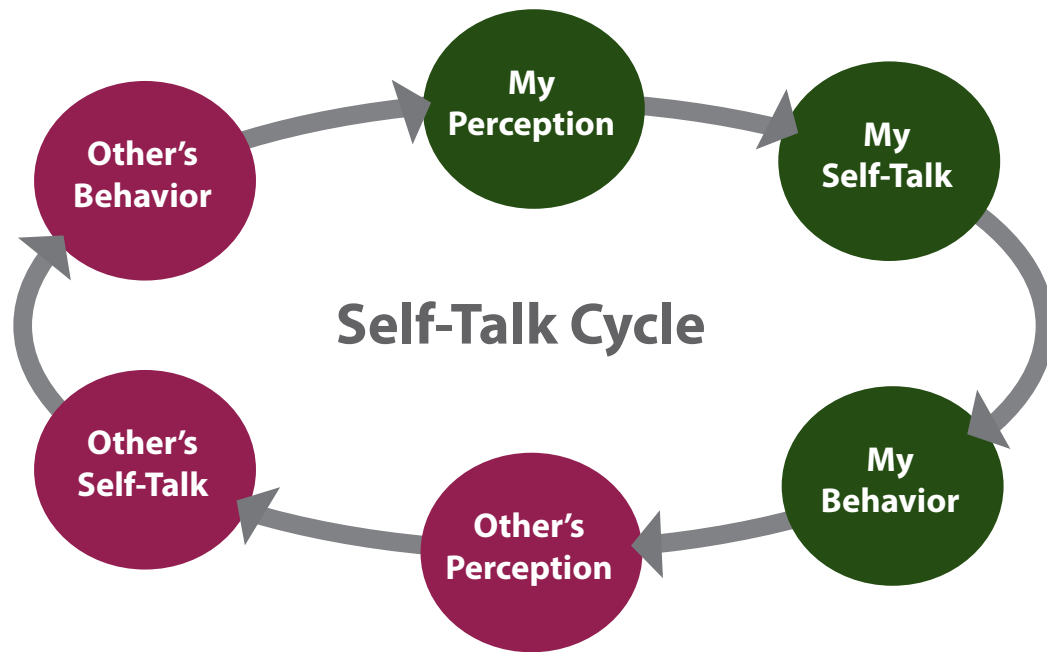


TOOLKIT

06: Self-Talk





Self-Talk



Consider your own self-talk during challenging situations, especially when collaboration is necessary.

- What are you telling yourself that could be undermining your success (HINDERING self-talk)?
- What truths should you be telling yourself that could enhance your success (HELPING self-talk)?

Helping Self-Talk 	 Hindering Self-Talk