



“Work on ANXIETIES at Work” Series



Conquer workplace anxieties to grow your career

ABOUT “Work on Anxieties at Work” Series

These presentations are to create awareness of workplace anxieties and negative self-beliefs and learn how to tame these anxieties, and change negative self-beliefs to build, strengthen and accelerate career growth with tools and techniques from Neuro Linguistic Programming (NLP).

Generally, psychologists agree that we have some 50-80 thousand thoughts a day. Many of these thoughts repeat themselves over and over again daily. These thoughts are driven by our experience and our beliefs. Our self-beliefs drive who we are, our identity, and often influence how we progress in life.

Many of our beliefs stemmed from when we were young, from 1 to 6 years old, many imparted to us by our parents, relatives and close friends. How our parents, teachers and friends ‘brand’ us often makes us who we are – when we believe in those ‘brands’. We keep that identity and carry them with us through life – showing up in our day-to-day life including our work life.

These negative beliefs are then translated to negative self-talk. The constant chatter in our head creates a vicious loop, often putting us down and holding us back from being the confident and successful persons that we can all be. In general, some people have positive self-beliefs in one aspect but may have negative self-beliefs in other areas of their lives. As an example, one may believe that they are confident and successful at work but believe they can’t attract love and relationship.

The current (and yes, you have heard this before, unprecedented) Covid situation with a never-ending stream of negative news exacerbate the fear; fear of potential job loss or in some cases, having lost jobs, fear of finding another job for themselves or other members of the family. There are other fears too with a new way of working, working from home and working virtually – not physically present, with little social interaction that one gets from working in the office.

Judith Becks, a prominent psychologist, outlined the 3 broad groups of negative self-talk. They are:

- Helplessness – I am not good enough, I can't do this, I can't do math, I can't get anything right, I can't sell
- Unlovable – my boss hates me, I can't get along with my peers, I am not wanted in the group
- Worthlessness – I am a failure, I am worthless, I can't contribute to the team, my contribution does not matter

All these negative beliefs translate to lack of confidence and subsequently they become self-fulfilling, creating unhelpful identities.

Of course, these beliefs and identities can change when some outcomes correct itself e.g., sudden compliment from boss that you presented well in the last meeting or when you come out on top in sales for the week. These events that create a different thought and your self-talk of 'I can't present' changes or "I can't sell" becomes "I CAN".

The presentation is to share the use of NLP to help understand the issues an individual may have and use some of the NLP tools to help change beliefs and build confidence to speed the climb up the corporate ladder.

Imagine if everyone can learn to positively change our internal dialogue, build and harness the self-confidence to maximise our productivity. Both the company and the individual will greatly benefit from it and we will not just enjoy our work more but be happier, more engaged...and get more pay!

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