

To be a great Project Manager, you need great personal confidence. If you're not 100% confident, then it will impact on your ability to achieve success. So read this newsletter, to find out...

### **How to Boost Your Confidence in Projects**

For some people, confidence comes naturally and to others, they need to work at it. So follow these Golden Rules, if you want to improve your level of personal confidence:

#### **1. Look after yourself**

Confident people look and feel great. The first step towards boosting confidence is to start with your physical and mental state. Try and eat healthy foods, reduce junk food and drink plenty of water during the day. Do a little exercise every day. It will work wonders. Go to the gym or take up a sport. Then get a new haircut, buy some new clothes and shout yourself a gift that you'll value. If you look and feel fantastic, then you'll start each day feeling wonderful.

#### **2. Set Simple Goals**

When you get to work, set simple and achievable weekly goals. So on Friday night when you leave work for the weekend, you'll feel great that you've done what you set out to achieve. This will give your confidence a great boost. Make sure you tell people about the goals you've set, and when you achieve them. Never make your goals too hard or too easy to reach. And each week, stretch yourself a little more so that you're constantly performing at higher levels.

#### **3. Get a Mentor**

Find someone who is honest, wise and that you can trust—and ask them to be your mentor. It might be a family member, friend or colleague. Meet with them monthly to talk about the goals you've set and what you've achieved. Get their feedback and advice on any problem you're experiencing. Their feedback and support will boost your confidence even further.

#### **4. Work Life Balance**

To be at the top of your game, you need to have a great work / life balance. This means juggling your work and personal time evenly. Be aware that if you overwork, then tiredness and stress will knock your confidence. So limit your work hours and make the most of your personal time by doing things you enjoy. If you get the most out of life, then your confidence will grow each day.

#### **5. Get back into learning**

### **Boost your Confidence in Projects**

**MPMM** improves your confidence by giving you the *knowledge* and tools you need.



You will learn more about:

- ✔ Project Initiation
- ✔ Planning & Tracking
- ✔ Monitoring Projects
- ✔ Managing Quality
- ✔ Status Reporting.

[More info](#)

And it gives you these tools:

- ✔ Templates
- ✔ Forms & Charts
- ✔ Life Cycle Steps
- ✔ Practical Examples
- ✔ Tips & Advice.

Boost your confidence by using MPMM...

When you started your career, everything was new and exciting. But now, you probably don't learn as much as you used to, and this will take some of the excitement away from the job. So get back into learning new things through reading, online research and meeting people to learn from them. Try and learn something new each day. This will not only improve your performance at work but it will give your confidence a great boost because of the extra knowledge you're gaining.

One way to improve your learning is to download MPMM and read each of the steps in the Project Life Cycle.

By gaining this knowledge, you'll boost your confidence in managing projects. Take a [free trial](#) or [find out more](#), from [www.MPMM.com](http://www.MPMM.com)

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