

Confidence is Key

Weekly Report Seven 10/02/17-10/15/17

Week seven was the least stressful week so far this year. That was mainly due to the fact that the assessment was optional and the assessment typically is what causes the most stress. The only hard part of this week was business symposium and business symposium was nowhere near as stressful as the build up to it.

Business symposium was an amazing experience which helped with a lot of growth. While yes every forethought about business symposium caused stress of anxiety the event itself was not stressful at all. Before business symposium there was a serious lack of confidence in oneself but that is no longer the case. Due to the practice and professionals' advice, I am now significantly more confident in myself, especially in the professional setting. This confidence will help a lot in interviews and when walking into professional settings, such as business or medical offices. On the other hand meeting with the ISM alumni was also helpful. Seeing that another person made it out, succeeded, and used the class in their future calmed the nerves related to failing the class.

The major challenge of this week was calming my nerves before business symposium. The build up to the event caused major, unnecessary anxiety. The problem with this was there was no obvious way to calm the nerves. The only way to semi-calm the nerves was to trust and believe that all the necessary preparation had been done. Eventually, once symposium began and I got past the first encounter with a professional, the nerves became significantly calmer.

This leads into the main focus for these next weeks- growing in a professional environment. While business symposium definitely helped growth on professionalism there is always more room to grow. Working on how to answer the phone, how to begin phone calls, how to conduct an interview, and more are all skills that need work. Now that these areas of struggle are known they can be used to grow throughout these next weeks.