workplace insecurity

feelings that cause professionals to have doubts about their goals, relationships and performance in the workplace

CareGivers of America
Home Healthcare Services

Common Workplace Insecurities with Resolutions

Confidence There may be situations at work that cause you to feel uncertain about your skills and abilities. You can learn to increase your confidence in these situations to resolve this insecurity. It's helpful to set realistic goals for yourself in the areas where you lack confidence. For example, if you feel nervous about interacting with coworkers during lunch, set a goal to eat with them one day a week. As you start to feel more confident in these situations, you can set new goals for yourself.

Workload Many professionals can feel insecure at times about their ability to handle their workload. If you're having trouble completing your assignments, remind yourself that you're doing the best you can, *as long as you are using your time wisely*. Often, you may feel more productive in the next day or two and can finish your work then. If you consistently find it challenging to complete your work, be honest with your manager or coworkers about the amount of work you can finish in a day or week. They're likely unaware that you're feeling insecure and can help you by sharing or delegating some of your duties.

Success of others You may feel insecure when other people have success at work. This is a natural reaction that you can take steps to manage. Refrain from comparing yourself with other people. Instead, focus on your own achievements and the goals you have for your future. Remembering your past successes reminds you that you're a valuable employee with many skills and qualifications.

Recognition You may feel insecure in the workplace if you work hard without receiving recognition for your efforts. If this happens, there are ways you can show your team or manager you'd like to get more recognition. Model the behavior you want others to show you by recognizing teammates for their own hard work. Send an email to a coworker about a job they did well or give someone a compliment in a meeting. By showing this appreciation for others, they're more likely to recognize you for your work.

Relationships Some professionals may feel insecure about their work relationships with coworkers, clients or managers. You can overcome this insecurity by working to improve your relationships with others. Make sure you're displaying a positive attitude in your interactions in the workplace. Treating people with kindness and respect can help ensure they do the same for you. When you talk to others, actively listen to what they're saying and acknowledge their thoughts and opinions. This can help you build trust with others that can lead to positive relationships.

Performance Some professionals may feel insecure about their job performance. Often, this insecurity may occur when you're being critical of your own work. It's important to show yourself compassion at times when you feel unsure of your performance. Think about how you would treat one of your coworkers in the same situation and try to show yourself the same understanding. When you feel critical about your work, focus on qualities that you admire about yourself. For example, you may remind yourself that you're a good team member who works well with others.