Got Guilt?

Moderators:

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Assistant to the City Manager/Assistant City Secretary, Addison, Texas

Amy McEwan

Deputy County Administrator, Lake County, Illinois



Conquer guilt

- Know that guilt is a common issue and obstacle for almost everyone
- Learn how to manage guilt
- Leave feeling empowered to be more productive and feel better

ICMA

Panel Introductions

Alyssa Dver

Speaker/Author/Chief Confidence Officer American Confidence Institute

Jim Lenner

Village Manager/Planner Village of Johnstown, Ohio

• Christopher Reams

Director, Parks, Recreation, and Libraries Avondale, Arizona

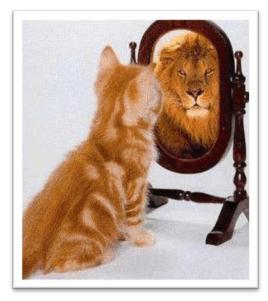




Confidence vs. Guilt

Confidence = being satisfied with and acting in accordance to your own values and beliefs.

Guilt = How you feel when you don't do that







Confidence = "It"



- Popular
- Attractive
- Inspirational
- Creative
- Cool
- Resilient



Bonehead Behavior







- any minimum

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Parto Invitation









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Remorse, Regret, Guilt





Elite Athletes Condition Confidence

- Physical/skills
- Mental
- Emotional



Carl Lewis



Confidence isn't genetic

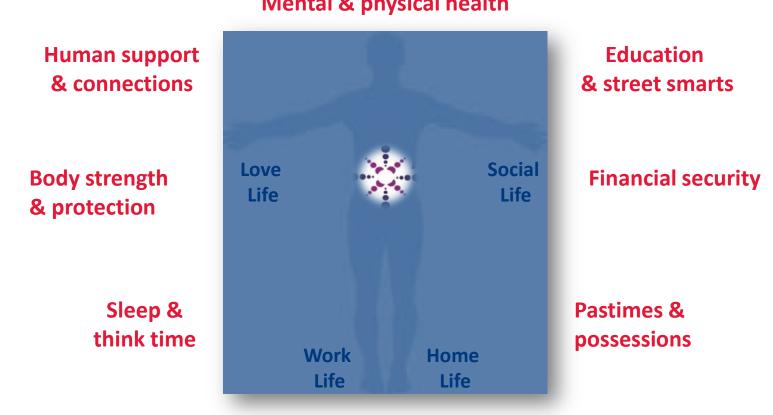


≠ comprehensive≠ consistent

✓ conditioned✓ controlled



Key Confidence Indicators (KCIs)



Mental & physical health

Outer beauty & personal care



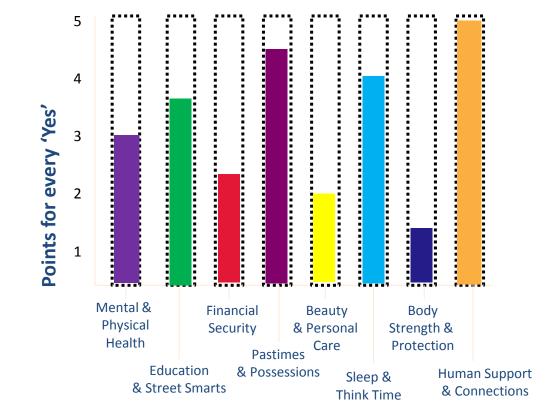
Assessing confidence *individuals*

Points for every 'Yes'	5 4 3									•••••••••••••••••••••••••••••••••••••••				
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- 1. Can you justify the time and money you spend (or don't spend) on this?
- 2. Do you feel in control of this KCI more than 75% of the time?
- 3. Do you take deliberate action to improve this KCI every week?
- 4. Do you have realistic comparables to accurately measure your level in this KCI?
- 5. Do you have a response mechanism to take action when this KCI is stressed?



Assessing confidence *individuals*





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Questions/Comments?

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