



Don't change yourself. Know yourself.

ANXIOUS ABOUT SOCIAL SITUATIONS – KNOW YOURSELF!

Find Your Voice

- Build confidence in your growing ability to trust yourself.
Find a coach to help you (as a student, employee, friend, or family member) develop self-awareness to share your thoughts, needs, and ideas.
- Embrace Your Role in Connection
Learn your part in fostering meaningful relationships in all areas of life—academically, professionally, and socially. Take steps to “find your people,” build supportive networks, and create spaces where your voice is valued. Ask for help when you need it!

Find and Connect with Your People

- Explore ways to seek out people who align with your values and interests for meaningful relationships at school, work, and socially. Take small steps first and give yourself the time you need.
- Make Empowered Choices
Practice staying true to yourself by making intentional decisions in the moment. Learn to say “No” when faced with pressure, creating healthy boundaries that support your well-being and goals.

Cultivate Confidence

- Take a Beat – or Two
Learn to pause and reflect before speaking, texting, or emailing—whether in school, at work, or in social situations. This moment of mindfulness can help you communicate more thoughtfully and make the choice you want to make – the choice you’ll be glad you made later.
- Respond to Your Inner Critic with Humor
Develop a sense of humor to combat self-doubt and quiet your inner critic. Use this strength to navigate unexpected challenges and build confidence in academic, professional, and social settings.

We never feel ready. Step in.

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