

# **Skill-Building Session: Communication—How to overcome fear and build self-confidence, empowering oneself to be a success as a leader/trusted servant**

## **Welcome**

Welcome! The hand out is a quick inventory of self-confidence in leadership for your personal use only. We hope it will help you identify your strengths and possible fears as a trusted servant in preparation for discussion and participation in our workshop.

## **Real life example:**

Prospective District Representative:

Unwilling to take the position of District Representative. Doesn't know all the responsibilities; scared to go to new meetings because he/she doesn't know anyone; not sure will have enough time; not sure where to hold district meetings; has never been in charge of anything; doesn't always have transportation.

## **Real life dialogue**

**Person 1:** Did you know that the current District Representative's term is ending soon?

**Person 2:** Yes.

**Person 1:** You're a Group Representative?

**Person 2:** Yes, I didn't think I could do it, but I have learned a lot. Now I can say, I actually enjoy it and have fun.

**Person 1:** Why don't you put your name in for DR at the next district meeting?

**Person 2:** (*Turns head to look behind thinking #1 is talking to someone behind them, realizing he (#1) is still talking to him (#2)*) Oh, you are talking to me!? Oh, no, I don't think I could do that job.

**Person 1:** Why not? I think you would be a good DR.

**Person 2:** I don't know. I don't think I would be "a good DR" and I don't think I would do it like our current DR.

**Person 1:** There are certain responsibilities as DR, but you don't have to do it the same way.

**Person 2:** I don't know. I couldn't get up in front of everyone at our Area Assembly to give reports. I saw a survey that asked participants to list their fears. Number one was speaking in front of large groups, number two was dying. That means people would rather die than speak in front of people!

**Person 1:** We are not alone in some of the fears we have, but we can "grow" through them together. Being a DR gave me the chance to get used to speaking in front of large groups, but in a safe atmosphere.

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**Person 2:** I don't know. I don't think I would have time to visit all the meetings.

**Person 1:** You could get the Alternate DR to help visit meetings or even get another member to go with you.

**Person 2:** I don't know.

**Person 1:** (*turns to the audience*) Does this sound familiar? What is the real reason? Self-confidence? Fear of commitment or responsibility? Afraid of making a mistake or of being successful?

As we experience growth and healing through the Twelve Steps, we become willing to share our recovery with others. As we participate in service opportunities, we realize we all possess valuable qualities, talents, and strengths to share in many different ways.

We discover in our study of the Traditions and Concepts how important good personal leadership is to our personal recovery and the growth of AI-Anon as a whole. Tradition Two reminds us that as trusted servants, we do not govern; however, we are asked to step forward as leaders. Concept Nine emphasizes that good personal leadership is a necessity at all service levels.

So what are these feelings we experience that sometimes cause us to hesitate to volunteer or accept an invitation to service? How do we move beyond them? Trusted servants can experience self-doubt and fear, at all levels of service. Think back to our life example in our opening. Can you relate to the feelings of the "prospective DR" when asked to fill a service position? Or maybe a potential GR, the person who makes the coffee, a member of the Board of Trustees, or chairing a meeting as we were invited to do here today? We are not alone in these feelings.

Our session topic is "How to overcome fear and build self-confidence, empowering oneself to be a success as a leader/trusted servant." Our goal is that this information will benefit all members in their leadership roles and promote understanding and unity within our Areas.

With your help, we would like you to answer these questions:

- What is a successful leader/trusted servant?
- What fears may impede our self-confidence?
- What program tools help us build self-confidence?
- How we can empower ourselves to be successful leaders/trusted servants?

*Explain and invite members to participate in the Gallery Walk.*

*Divide into four groups- (Each with a different color marker, choose one member as writer.)*

- Group One goes to statement number one, other groups follow in turn.
- Each group will have three minutes to list their thoughts on each statement.
- When time is called, each group will then rotate to the next statement.

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Remind members, since the same fears and doubts apply to all levels of service, to please approach the Gallery Walk statements, as they would apply to all levels of service.

The Gallery Walk results will be posted on e-Communities following the 2012 World Service Conference.

*(Continue with real life dialogue)*

Person 1: What do you think now?

Person 2: Yes, I think I could be a DR. Will you help me?

Person 1: Yes, I will help. I would be willing to be your Service Sponsor.

*Close*