

What's Your Story?
Self-talk scenario #2:

Debra is a front-line supervisor for a staff of six. She's been doing this job for about a year now and has been very successful in leading her team in achieving goals in productivity, quality, and customer service. Her company is putting together a cross-functional project team to develop a change management plan for a new software system they will be adopting. Debra has passed the first round of screening and is now preparing for a panel interview, the final step in the project team selection process. Listen in on Debra's internal dialogue leading up to the interview:

What if they ask me a question that I don't have an answer for? Well, I have always been able to come up with something in the past. There really aren't any single "right" answers, are there? But what if my answers aren't what they're expecting? ... That could be refreshing, right?

It's so much easier to be on the other side of the table – asking the questions. What if they think I don't belong there? I'm not even sure I think I belong there... But do I really even care what they think? They are the decision-makers, so it does matter. Usually people are interested in what I have to say. I'm often asked for my opinion or for feedback.

What if I'm just not cut out for this project? Will I be able to add any value? I know I'm going to learn from the experience, no matter what. What happens if I fail at it? Go back and try again? I might look foolish. Ha – remember that time that I tripped going into a customer's house and nearly broke my arm? That turned out to be one of the best customer interactions I've had... We did both get a good laugh out of it. I guess it made me more human.

I'm good at working with others on projects. I usually have a lot of ideas that we can use or build on. I think I have to trust that I can do this in other situations, too...