

# Work & Careers

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## Tip of the week

### **Get over your fear of speaking up at work**

Getting over this anxiety requires you to remind yourself that you are worthy, and then define the fear, says confidence coach Erika Cramer. What are you really fearful of? Is it saying the wrong thing? Is it a fear of being seen? Is it a fear of rejection?

When you can name the fear, it becomes much easier to work with it. If you identify that you have a fear of rejection, you can remind yourself that you are not being rejected personally. It is the idea or suggestion that is being rejected.

And don't make it about you. Think to yourself that if you don't speak up, you will affect the company or your co-workers because your contribution may be just the thing your organisation needs. Think of yourself as being committed to serving the greater good.

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