



Confidence, Courage and Commitment: Boundaries Aligned with Your Values

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Learning Objectives:

- Clarify your values and better align them with your work
- Gain clarity around what will make you happy at work and identify the reason why you might feel dissatisfied.
- Feel confident about making conscious and brave decisions at work to realign your values.



Where can you FIND ME?



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CONFIDENCE

- Inner knowledge of you being capable of your abilities
- Can be situational
- Diminish due to situations
- Increase due to achievements
- Can look different on the outside than the inside



Let's talk about your confidence

- Is your confidence level where you would like it to be?
- What situations do you feel and act most confident?
- Where in the workplace would you like to increase your confidence?



"Confidence doesn't always come from believing in yourself today. It often stems from recalling the obstacles you overcame yesterday."

Adam Grant



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What internal beliefs gets in your way?

Doubt

Fear

Judgement

Pessimism

Perfectionism



"Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny."

Mahatma Gandhi



COURAGE

“Mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty.”



Let's talk...about your courage

Can you imagine speaking up if these situations happened to you?

- What will happen if you tell your boss that you were uncomfortable getting negative feedback in front of co-workers?
- Would you take your lunch break if everyone else is working?
- Would you ever go to your boss's manager about your boss?



Let's talk...about your courage

Can you imagine speaking up if these situations happened to you?

- How do you tell a colleague that they talk to you in a condescending manner?
- What if a colleague said something that hurt your feelings, and not for the first time?



COMMITMENT

- The state or quality of being dedicated to a cause
- Agreement or a pledge to do something in the future



Let's talk...about your commitment to speak up when:

- Your values are being compromised
- Your boundaries are diminishing
- “When your manager or colleague say or do something inappropriate to you



Values

“A person's principles or standards of behavior;
one's judgment of what is important in life.”



CORE VALUES

Flexibility

Recognition

Challenge

Advancement

Friendships

Appreciation

Authority

Creativity

Career Advancement

Risk-taking

Leadership

Visibility

Innovate

Decision making

Service to others

Equality

Equity

Diversity



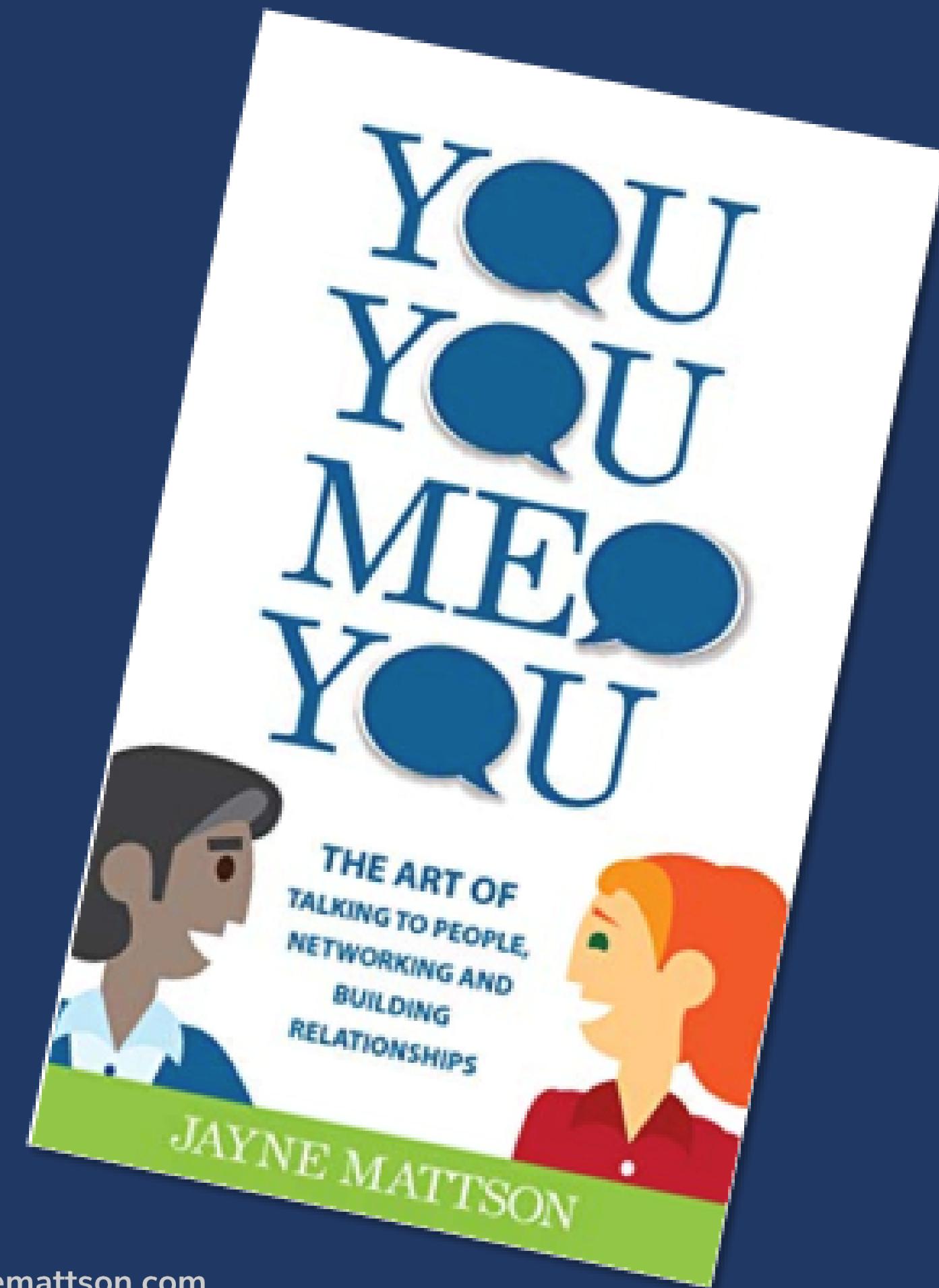
Set Workplace Boundaries

The lines between personal life and work become blurred and cross over.

- Communicate and assert your values
- Protect your values from being compromised
- Set clear expectations on how you want others to treat you
- Practice self-care and improve your self-esteem

Learn more
Read “You, You, Me, You”
by Jayne Mattson,
available on
Amazon

<https://www.amazon.com/s?k=you+you+me+you+jayne+mattson&i=stripbooks&qid=UY70YE57EPSA&sprefix=yo>



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