

## Self-Regard is The Bedrock of Trust, Confidence, and Resilience.

Self-Regard is about believing in and accepting yourself—the good, the bad, and everything in between. It's the foundation for building trust and resilience.

In this case study, learn how one client developed self-regard in coaching, resulting in two promotions as recognition of his leadership growth.





# Low Self-Esteem

This first-time manager doubted himself and had a hard time trusting others. A high achiever himself, he was micro-managing, doing others' work for them, and suffering from imposter syndrome. He was beginning to feel burned out.

## CASE STUDY 3

### EI assessment showed:

1.

This client's very low self-regard undermined his excellent abilities to build relationships, make decisions, and cope with stress.

In every other emotional intelligence skill, he demonstrated average or leadership quality abilities.

Emotional intelligence scales build on each other, so all his problems stemmed from a lack of self-confidence and self-acceptance.

Ironically, his recent promotion to manager made him question himself even more. When others recognized his excellent abilities, he felt the praise was undeserved.



**1 year later, he was more self-confident and rising into upper ranks.**

After two promotions, this client continues working to believe in himself. His humility and dedication to others make him one of the most trusted leaders in the organization.

## CASE STUDY 3

# EI assessment now showed:

**1.**

After six months of coaching, his **self-regard** rose 20 points, two standard deviations. He began to believe in his own abilities and accept praise from others.

After another six months, he was promoted again and commended specifically for his empathetic approach and ability to resolve conflicts.

As he moved forward, he continued with coaching to improve self-esteem even more.

Low self-esteem can be a result of patterns that date back to early childhood. Progress in this foundational scale pay off in improved happiness, self-compassion, and self-acceptance resulting in a better career and better well-being throughout life.

**Control your fight, flight, freeze response.  
Be authentic and true to yourself.  
Overcome imposter syndrome.**

**Coaching helps you build trust and earn respect.**

LEARN MORE ABOUT SELF-REGARD

BOOK A FREE CONSULTATION NOW

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