

competence
and confidence



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Throughout history, philosophers, young and old have tried to answer the age old question – what came first the chicken or the egg? Likewise, there is another question that has arisen as a topic of debate – which comes first, competence or confidence? Although competence is the ability to do something successfully or efficiently, competence is not always measured as a degree of excellence. Being effective and capable of performing a task or duty in an acceptable or satisfactory manner is also to be competent.

So the question arises, can one gain confidence when their competence falls in the acceptable and satisfactory category – the answer is YES. Not everything in life is a gold medal, a VIP award. Becoming proficient in certain areas is more than enough to make you feel proud and confident. We don't have time to master every little thing we want to master, so as you look at your competence in many areas of your life let this nourish your confidence. Remember as a young child, each and every new thing we did was praised by your parents and loved ones; it inspired us to attempt more and grow. Some continue to argue that competence – the ability to do something successfully is needed in order to gain confidence. However, others have argued that confidence is needed to become competent.

No matter if you believe that competence or confidence comes first, one thing is sure, competence or mastery grows with practice. There is an old saying that says, "Practice makes progress." If competence is the goal then skillful practice is required. Competence can be modeled but it is at its greatest degree of efficiency when it has been strengthened by repetitive preparation and training.

Bruce Lee said, "I fear not the man who has practiced 10,000 kicks once but I fear the man who has practiced one kick 10,000 times." Confidence or a belief in one's self will enhance the competence strengthening process with the outcome being a greater degree of confidence, which will reinforce the journey to competence. What a positive cycle to be involved in.

Don't worry, if you need to gain competence in an area, have the confidence that you can accomplish anything with a strong desire and the right resources.

I would hope that you continue to strive for competency in those activities in your life that you are interested in today. Have the confidence to take on new challenges. www.FindYourPace.org