

EVENT WELLBEING WEEK: WED 25 JUNE

The Inner Work Is the Real Work

Silence your inner critic and back yourself. You're enough — period.

Y Why this matters

In an industry obsessed with appearances, output, and outcomes, the *real* work is often the work no one sees — the self-trust, the mindset shifts, the courage to believe you belong in the room (even when imposter syndrome is screaming otherwise). Your inner landscape sets the tone for how you lead, create, and show up.

Top Tips for Event Professionals

1. Notice your self-talk — would you say that to a friend?

That voice telling you "you're not good enough," "you're behind," or "you've messed this up" — would you say that to your best mate? No? Then why say it to yourself?

2. Perfection is a trap. Aim for progress.

Flawless events don't exist. But *real, human, meaningful* ones do — and they're better. Done is better than perfect. So is kind over constant.



3. Build your own hype folder

Screenshots of lovely feedback. Notes from clients. That message from your manager. Save it all in a folder and read it on tough days. It's not vanity — it's *data* for your self-worth.

4. Ditch comparison mode

You're not behind. You're not failing. You're on your path. Social media only shows the highlight reel — not the 3am stress, the budget slashes, or the tech fails. Stay in your lane.

5. Confidence isn't the absence of fear. It's doing it anyway.

Nerves mean you care. The fact that you're even *thinking* about how to show up better means you already are. Be brave enough to back yourself — flaws, wobble and all.

Quick Suggestions for Event Organisers

- ✔ Build in reflection time post-event what went well, not just what "went wrong"
- ✔ Recognise your team's wins out loud
- ✓ Share learning moments without shame or blame
- ✔ Offer coaching or peer mentoring as part of CPD
- ✓ Encourage journaling, quiet spaces, or mindset workshops as part of wellbeing offerings



Daily Mantra:

"I don't need to be perfect. I just need to be present."

Quote of the Day:

"Confidence isn't about being fearless. It's about showing up anyway."

