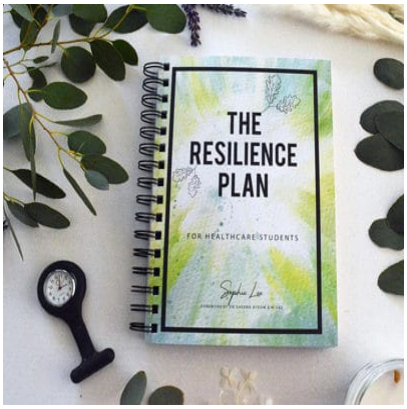

Description

Positive Planning With The Happy Student Company

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Can we plan to be courageous?

Embarking on the journey of becoming a student midwife is a profound endeavour, one that demands not only knowledge and technical skills but also a significant dose of courage. But as student midwives, can we plan to be courageous? Yes, I believe we can, and this comes from examining and building upon our own personal resilience.

As with resilience, courage in practice primarily demands us to have self-awareness. Recognise your own limitations, and consider how you might broaden these. What makes you feel nervous? Who could help you? What do you need to learn to be more competent? How did you feel when you approached something new?

Developing courage requires you to set some goals. Find areas outside of your comfort zone, and plan to challenge

yourself in small steps. Is it public speaking, practising a new skill, or advocating for a specific patient demographic? Don't tackle the whole task in one go, start with one small task that nudges you in your desired direction.

Seeking support can also build your courage. Find those who inspire you and meet regularly with them. Mentors, peers or those more seasoned in their careers can share their insights and experiences. They can also encourage you and help to build your confidence.

Reflect often **on experiences where you've shown courage** that has made you proud. Consider how these moments have positively impacted your practice. How could you seek out more of these moments? What made you decide to be courageous in that moment?

Remember, courage isn't about being fearless – it's about pushing through despite fear. By planning to cultivate courage, you, as a student midwife, can enhance your ability to provide empathetic, patient-centred care and contribute positively to your profession.

Check out my website for more tips on building personal resilience and effective reflective writing www.thehappystudentcompany.com/. **TSM**

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