

## 5 ways to boost your self-respect shared

Thursday 13 March, 2025

Want to boost your self-respect and unlock your full potential? We believe that self-respect is the foundation of confidence, ambition, and success. So, when 150 students at [Christ the King Aquinas School](#) in South London gathered for our [International Women's Day](#) panel, they received a masterclass in self-worth from some inspiring professionals.

Here are five key lessons from the event to help you take yourself seriously and boost your self-respect.

### 1. Master your Mindset – Be your own “Thought Bouncer”

Victoria Silverman, Head of Communications at Urban Synergy, shared some valuable advice about managing negative thoughts. “I frisk my thoughts like a bouncer with a toothache,” she said. Rather than allowing negativity to drain your energy, focus on finding solutions. If an invading force were approaching your town, you wouldn't just dwell on the attack—you'd create a plan of action.

**Lesson:** Control your thoughts—they shape how you see yourself and the world.

### 2. Push forward through Rejection

Hawa-Kaytee Jalloh, IT Placement Analyst at [TJX Europe](#), Chair of [Urban Synergy Youth Council](#) and Cyber Security Undergraduate at [Aston University](#), highlighted an important truth: you will face rejection. Whether it's a job application, a university place, or an opportunity you really want, setbacks are inevitable. But self-respect means recognising that you are more than just a single “no”.

**Lesson:** Rejection isn't failure—it's simply a step forward in disguise.

### 3. Present yourself with Poise and Confidence

First impressions count. Dianne Johnson, Head of Programmes & Engagement at Urban Synergy, spoke about the importance of looking and acting the part. Whether you're attending an interview or stepping into a new environment, presenting yourself with confidence and professionalism earns respect—from others and from yourself.

**Lesson:** Show up smart, poised, and ready for the opportunities you want.

### 4. Don't let grades or expectations define you

One of the most thought-provoking audience questions was, “What do you wish you had done differently?” The panel's advice was clear: don't assume you need top Maths grades to work in technology. The industry requires many more skills beyond numbers. One panellist achieved B, D, D, E at A-Level, and another had no A-Levels at all—yet both still built successful careers.

**Lesson:** Find what you're good at. A mentor can help you see beyond what your parents or teachers expect.

### 5. Identify your Strengths – and play to them

Megan Harris, Head of Operations at [Dynamic Planner](#), spoke about the importance of recognising your strengths. “Work out what you're good at,” she advised. Rather than dwelling on weaknesses, focus on developing your natural talents.

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**Lesson:** Respect yourself enough to lean into your strengths.

## **Final Thought: Take yourself seriously**

The panelists left the students with one key message: self-respect starts with YOU. Whether it's through perseverance, presentation, or personal growth, owning your worth is the first step towards success.

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