

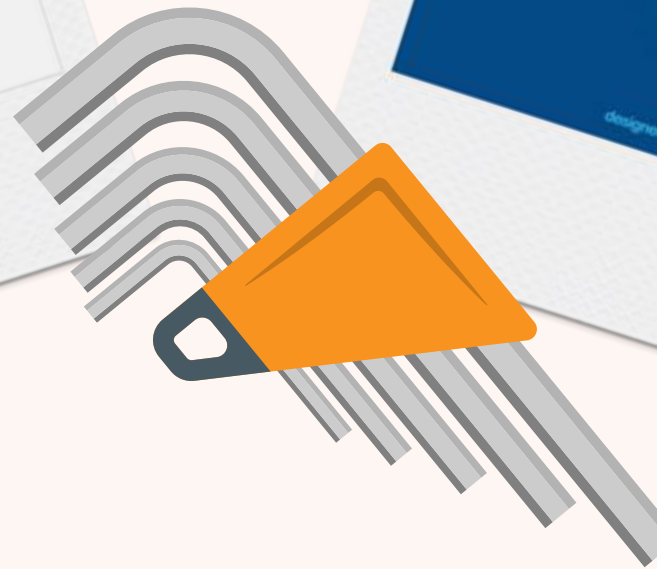
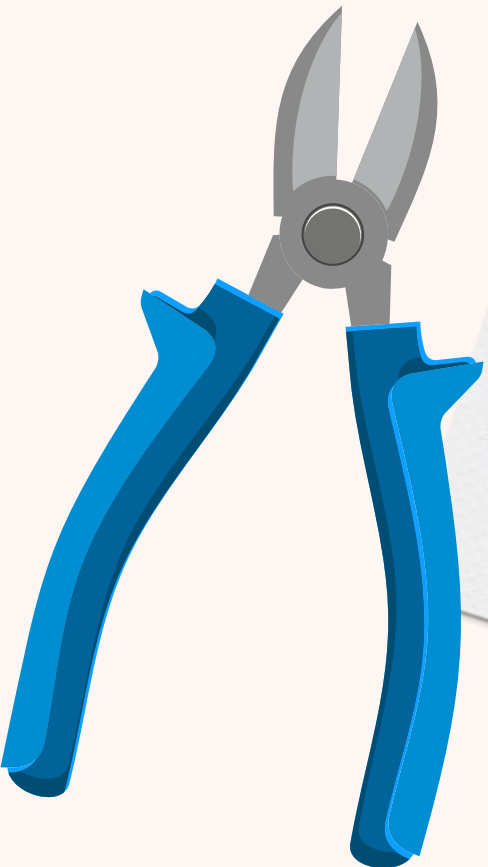


Confidence in Repair

DR. JINA WALLS AND JENNIFER CHESTER



Jina Walls



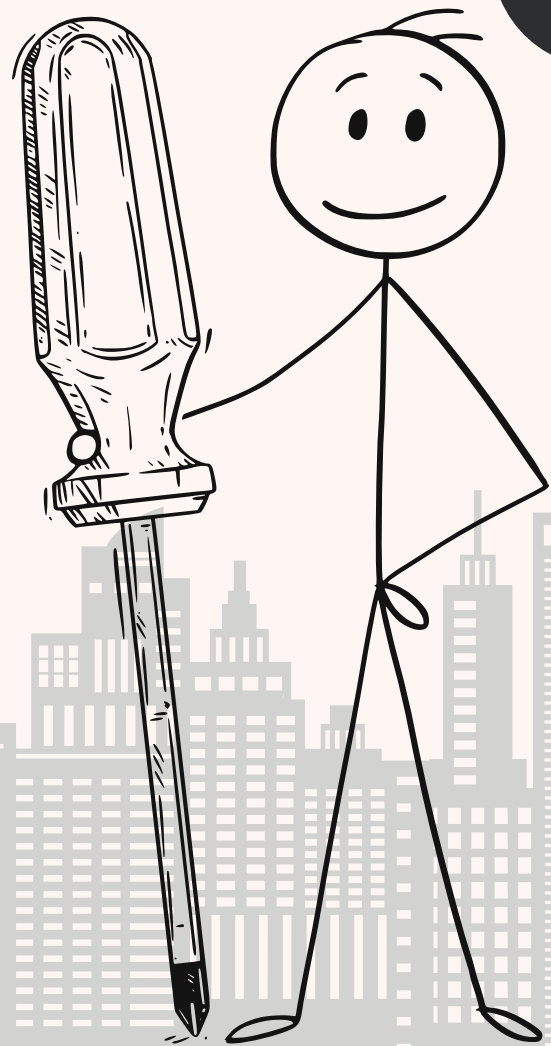


Jennifer Chester



WHAT IS CONFIDENCE?

CONFIDENCE = TRUST IN SELF

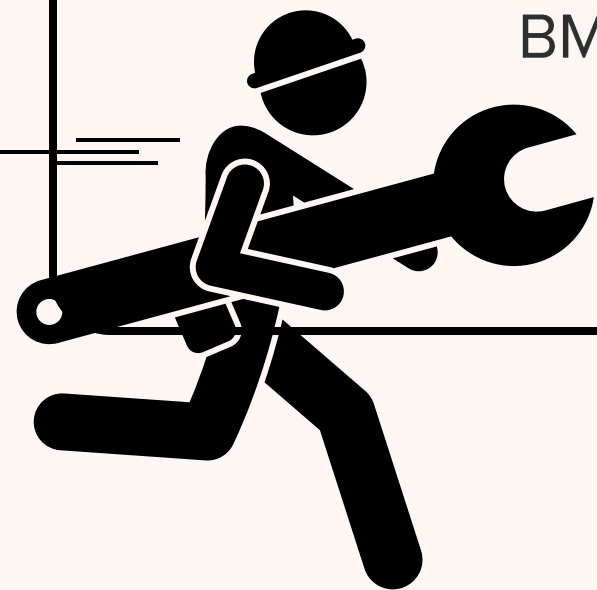


HOW DOES IT GET BROKEN?

Example 1:

Making a Mistake on a Critical Repair:

You thought you fixed the issue only to have the equipment fail again or cause a delay in patient care. The weight of “what if” can shake even the most seasoned BMETs.



Example 2:

Struggling with New or Unfamiliar Technology

When faced with equipment you’ve never seen before or advanced systems outside your comfort zone it can make you feel unprepared or “not good enough.”

Example 3:

Getting Stuck or Needing to Ask for Help

Everyone hits roadblocks, but when you can’t solve an issue on your own, the need to ask for help can bruise your confidence and make you feel like you’re falling short.



The Emotional Impact of Broken Confidence

Anxiety

Self-doubt

Overthinking
or paralysis





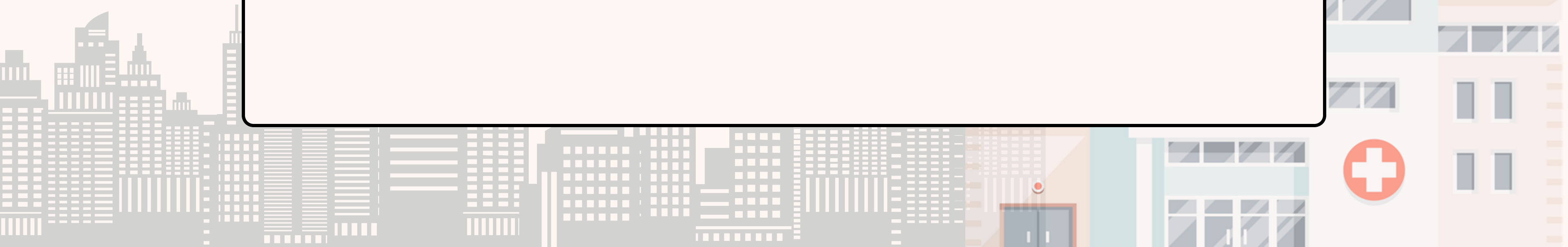
GAME TIME

**The “Raise your hand
If...”: Confidence
Check-In Game**



RULES

1. WE LISTEN AND WE DON'T JUDGE. This is a safe space. We are all professionals and we have all made mistakes so today we leave our judgment monsters on the outside of the door.
2. RAISE YOUR HAND! I'll read a statement, and if it applies to you, stand up.

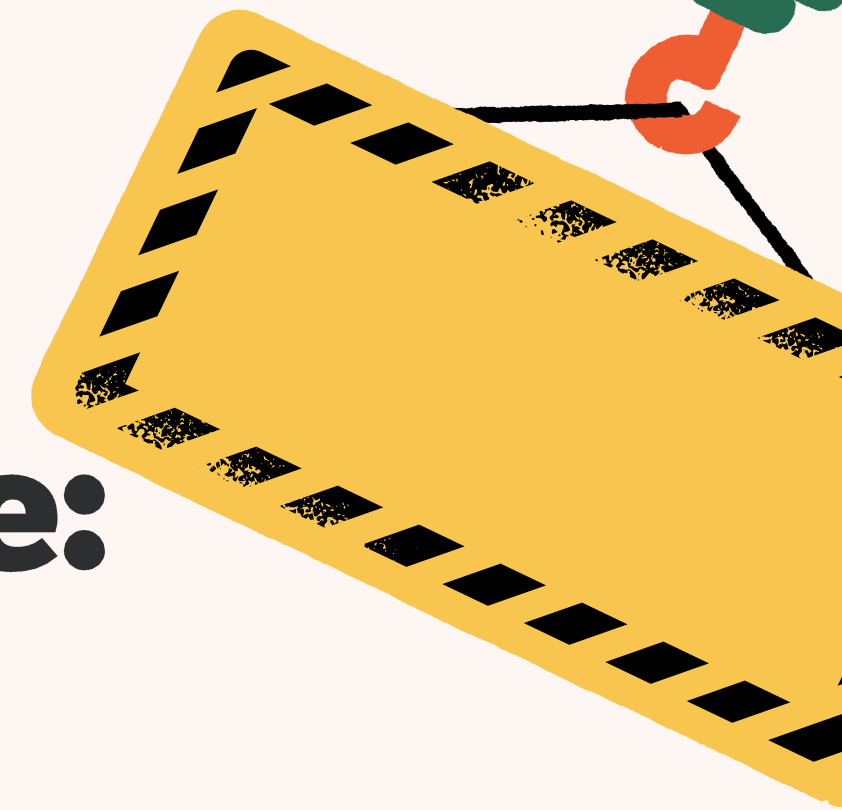


The “Raise your hand If...”:



Repairing Your Confidence: The Biomed Approach

The 3-Step Repair
Framework





Repairing Your Confidence: The Biomed Approach

The 3-Step Repair
Framework

 **Step 1: Diagnose the Root Cause (Self-Reflection)**



The 3-Step Repair
Framework

 **Step 1: Diagnose the Root Cause (Self-Reflection)**

- What happened?
- What can I control?
- What can I learn?

The “Raise your hand If...”:





Repairing Your Confidence: The Biomed Approach

The 3-Step Repair
Framework

🔧 **Step 1: Diagnose the Root Cause (Self-Reflection)**

🔧 **Step 2: Apply the Right Fix (Action & Learning)**



The 3-Step Repair Framework

Step 2: Apply the Right Fix (Action & Learning)

- Education
- Mentorship
- Review
manuals

The “Raise your hand If...”:





Repairing Your Confidence: The Biomed Approach

The 3-Step Repair

Framework

- 🔧 **Step 1: Diagnose the Root Cause (Self-Reflection)**
- 🔧 **Step 2: Apply the Right Fix (Action & Learning)**
- 🔧 **Step 3: Run a System Test (Small Wins & Momentum)**



The 3-Step Repair
Framework

 **Step 3: Run a System Test
(Small Wins & Momentum)**

- Set yourself up for early “wins.”
- Practice confidence like a skill each success builds your foundation.

The “Raise your hand If...”:



Closing: Key Takeaways & Call to Action

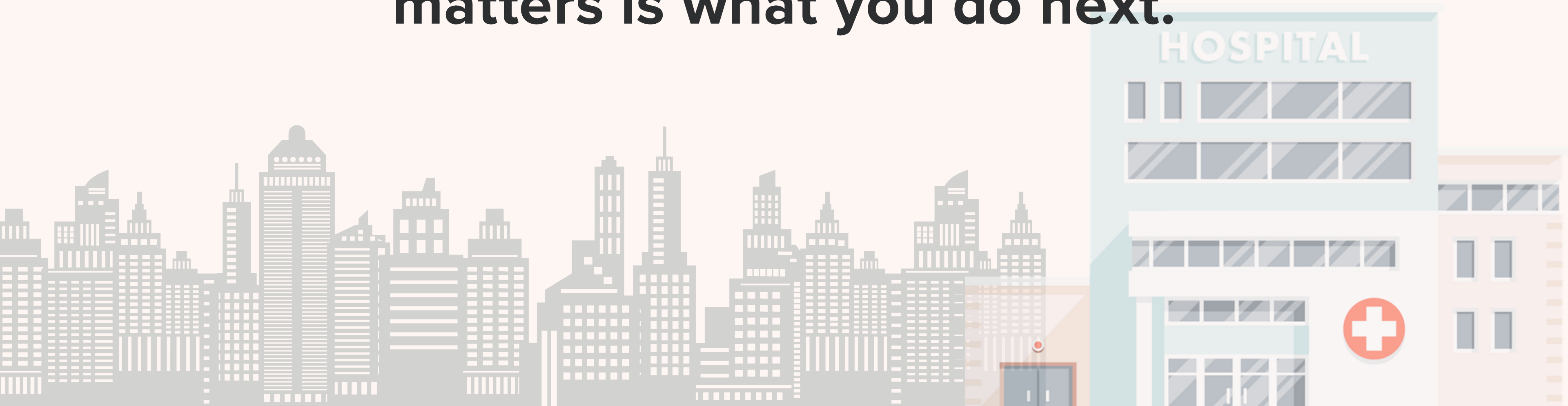
Confidence can be lost and rebuilt
it's not permanent.





Closing: Key Takeaways & Call to Action

Even the best make mistakes, what matters is what you do next.



Closing: Key Takeaways & Call to Action

**In this field, you don't have to be perfect
you have to be willing to grow.**





**What's one action you'll
take to rebuild your
confidence after a
setback?**



Share
your
Thoughts



The “Raise your hand If...”:

