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# SUPPORTING SELF EFFICACY

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Gina Kaye Calhoun  
gcalhoun@copelandcenter.com

Copeland Center  
FOR WELLNESS AND RECOVERY



Once upon a time...

Gina's Story




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## The Research

Beliefs are truly contagious...are yours worth catching?



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## Albert Bandura



"To succeed, one cannot afford to be a realist"

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## Supporting Efficacy

- Psychological/Physiological Responses
- Social Persuasion
- Social Modeling
- Mastery Experiences

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## Interpreting Physiological Responses

- Moods, emotional states, physical reactions and stress levels impact self efficacy.
- Minimizing stress and elevating moods when facing challenging tasks can help.

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## Social Persuasion

- Affirmation
- Evidence
- Right Opportunity




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## Social Modeling


“Seeing people similar to oneself succeed by sustained effort, raises observers’ beliefs that they too possess the capabilities to master comparable activities and succeed.”

Albert Bandura, 1994



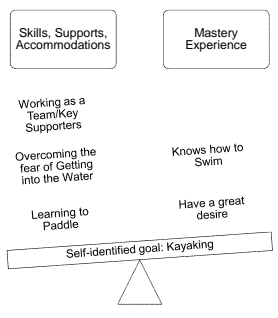
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## Mastery Experiences

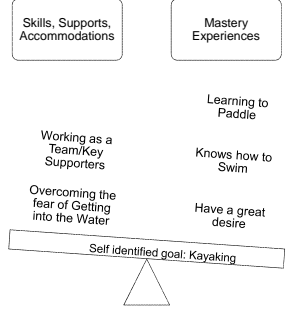
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## Breaking down the self-identified goal



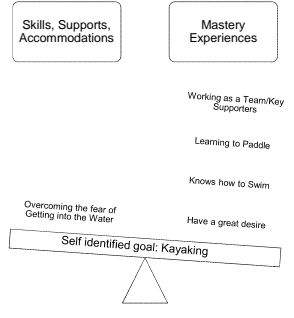
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## Breaking down the self-identified goal



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## Breaking down the self-identified goal



## Creating environments that promote self-efficacy

1. Education, skill-building and rehabilitation
2. Educate staff
3. Action-oriented goals are not always the first response. Give participants time to plan and prepare
4. Capitalize on participants experience and expertise in group process
5. Support people to work their edge
6. Focus on strengths
7. Give labeled praise
8. Peer support

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