

# Cheat sheet Conquer Work Embarrassment Like a Pro

## First: What Work Embarrassment Really Is

Embarrassment =

- A mistake 
- Public visibility 
- Fear of judgment 

It feels huge to you — but small to everyone else.

## The Worst Things You Can Do

 Over-explain  Avoid eye contact for weeks  Replay it in your head 100 times   
Withdraw from meetings

Avoidance turns a moment into a reputation.

## The Pro Mindset Shift

Instead of:

**“I embarrassed myself.”**

Think:

**“I had a human moment.”**

High performers:

- Expect mistakes
- Recover quickly
- Protect momentum

## The 4-Step Bounce-Back Formula

### **1** Own It (Briefly)

 “That one’s on me — thanks for catching it.”

Short. Calm. No drama.

### **2** Correct It

 Fix the issue fast.

Action restores credibility more than apologies.

### **Normalize It**

 Light tone if appropriate: “Keeping things interesting today.”

Confidence diffuses tension.

### **Re-Engage Immediately**

 Speak again. Contribute again. Show up again.

Momentum beats memory.

### **If You're a Leader**

Model recovery publicly:

- Admit small mistakes
- Thank feedback
- Reward transparency

Psychological safety starts at the top.

### **What Actually Builds Confidence**

Confidence doesn't come from never messing up.

It comes from:

- Recovering quickly
- Staying visible
- Proving resilience

---

### **One-Sentence Takeaway**

**Embarrassment doesn't damage your reputation.**

**Avoidance does. Recover fast and move forward.**