

RealCareer™ Employability Skills Program
Culinary Careers

Self-Confidence

Scenario: You are a prep cook working under the head chef at a fancy, well-established restaurant.

You have a new recipe that you want to run past the owner of the restaurant, but the head chef is openly against anyone else submitting recipe ideas that will change his menu. You are positive that this recipe is a great fit and will only improve the menu without disrupting the head chef's overall style, but you lack the experience and confidence to present your idea.

Points of view to consider

- You, the prep cook
- The head chef
- The restaurant owner
- Customers

Key questions

- What can you do to not only present your ideas, but also improve your self-confidence and gain the respect of the restaurant owner and the head chef?
- What potential benefits or consequences are there for presenting your recipe?
- What are your options?
- How can you better grow in your career?