



I Am Confident
CAPABLE. RESILIENT. VALUED. BRAVE.

SYLLABUS

2024



OBJECTIVE

The overall objective of the syllabus is to support all vulnerable women who are struggling with life challenges, mental health, isolation, anxiety, depression or simply feel lost. We help them to look at many areas of their life, RESET and get back to basics again. We provide the opportunity for each woman to feel heard, excepted, loved, and understood.



SESSION OVERVIEW

- Each session begins with a catch-up.
- Simple stretches, breathing exercises and mindful activity. This is a chance to be still, forgive others and encourage one another.
- Discuss the subject and look at areas in their lives that need to change.
- End with a fun purposeful activity and personal weekly challenge.

Term 1 Syllabus

Week 1

Connect & Create

Session aim: Discover the interests of others and encourage one another. Reflect on start to visualise what positive steps to take.

Week 2

Reset & Restart

To acknowledge where you are in your life and start to think more positively about the future.

Week 3

The truth & belief

Session aim: To acknowledge the truth and establish the lies believed because of negatives words that have been said in the past and consequently affected the future.

Week 4

Thought Patterns

Session aim: Challenge our daily self-narrative and the negative experiences and failures that might have affected our thought patterns, behaviours, and choices.

Week 5

Assertiveness & body language

Session Aim: Understand and explore different styles of assertiveness and learn how to be assertive and understand the impact of body language.

Week 6

Understanding different types of relationships

Session aim: Explore different personality types, challenging relationships, and learning to look at things from a different perspective more.

Week 7

Establish and create hopes & dreams

Session aim: To provide inspiration, direction, and hope. Acknowledge past talents and create a visual plan of how to begin a more fulfilled and exciting journey.

Week 8 & 9

Handling worries

Session Aim: To learn what a true and untrue worry and how to handle worries.

Week 10 & 11

How to Manage Stress

Session aim: Understand stress, the impact and how to manage it more effectively.

Week 12

How to improve your sleep

Session aim: Top tips on how to sleep better

Term 2 Syllabus

Week 1

New year Goal Setting

Session aim: To set realistic and achievable personal objectives for each week.

Week 2

Social media – how often are we using it and its effects

Session aim: To notice the negative effects, acknowledge what is acceptable and set boundaries.

Week 3

Body care – how we can look after ourselves

Session aim: To love who you are and to celebrate the good

Week 4

Importance of Healthy Eating

Session aim: Look at what you eat, what is good for you and the impact.

Week 5

Importance of exercise

Session aim: Understand the impact of regular exercise on your body and mind and how to build into your daily life.

Week 6

Colours and confidence

Session aim: Look at what you wear and why and what colours communicate.

Week 7

How to be content despite circumstances

Session aim: How to accept circumstances and challenging situations.

Week 8

Exploring make-up and hair

Session aim: Build confidence in appearance and take pride in your appearance.

Week 9

Being present.

Session aim: Learn how to be more present and engaged.

Week 10

Importance of the 5 senses and how to use them more effectively

Session aim: Acknowledge each of the 5 senses and how to use more effectively.

Week 11

Easter Brunch out

Session aim: Celebrate what has been learnt, what has been achieved and confidence to be out in a group.

Term 3 Syllabus: Fruits of the spirit series

Week 1

Peace – resolving and dealing with conflict

Session aim: Understand peace to seek peace in conflict.

Week 2

Joy

Session aim: Being thankful and being able to experience joy in difficult situations.

Week 3

Patience

Session aim: How to be more patient with others and putting others first.

Week 4

Kindness – Random acts of Kindness.

Session aim: Think about others and how to help.

Week 5

Self-control – knowing your boundaries

Session aim: To set realistic boundaries in how we act and behave.

Week 6

Trust

Session aim: To build trust again and understand what it means to each other.

Week 7

Resilience and confidence over the summer

Session aim: Reflect on everything learnt and have the tools from all the sessions to be resilient and confident when challenges arise.

Week 8

Summer brunch out

Session aim: Celebrate everything learned and discuss how it will be implemented over the summer.

Summary

The sessions last an academic year with the aim to allow women to feel they can start any time and are always welcome. The impact of this has helped women build connection and grow in confidence over time with no pressure. The feedback from many women has and still is that they feel part of a family.