



I Am Confident
CAPABLE. RESILIENT. VALUED. BRAVE.

This Journal Belongs To:

OUR TEAM



Hayley Stephens

Hayley Stephens has 15 years experience in supporting and empowering women and families in all walks of life, in Parenting Strategies and Wellbeing and Confidence and Assertiveness courses.



Catherine Hunter

Catherine Hunter has been a Primary School Teacher for over 21 years and is experienced in supporting women with numeracy and literacy.

OUR VALUES

This is a safe place

1

2

Please respect & listen to each other

No mobiles unless expecting an important phone call

3

4

Everything is confidential

121 support before or after the session

5

6

If there is a lot to share please check in with us before the start of the session and we will provide

Decide to take action by accepting the weekly challenges you set yourself

7

8

Ultimately be kind , be courageous and don't give up!

Please sign dotted line stating you will try your best and agree:

Name:..... **Date:**.....

OUR AIM



To learn more about yourself and be more Equipped, Empowered & Confident

Core subjects this first half term:

Week 1 - Reset Restart

Week 2 - Connect & Create

Week 3 - The truth & your belief

Week 4 - Thought patterns & Behaviours

Week 5 - Assertiveness and Body Language

Week 6 - Social Media & Friendship expectations

Week 7 - Dreams, Passions & Hopes for the future



WEEK 1:
RESET & RESTART

RESET &



Stretching and breathing

Let's do some simple stretches:

1. Put your hand on your stomach and chest and feel as you breathe if you are tense or stressed. The breathing exercises help you to breathe from the stomach.
2. Visualise a mountain and stretch and climb, whilst breathing in from the stomach exercises.
3. Whilst stretching think about what you are grateful for. Forgive those that have hurt you - shake off the hurts.
4. Give grace to yourself were things aren't quite as you hoped or wanted.

RESTART



Let's catch up

Share only if you would like to:

1. A handful of highlights
2. A Challenge or tricky time
3. Marks out of 10 for today
4. Clap and encourage and compliment after each person has spoken

What would you like out gain from the sessions?

FRESH START: A NEW BEGINNING

Sometimes we need to reset and restart and acknowledge where we have made some mistakes, where we have let things slide and decide to make some changes and think more positively about the future.

below is one way this can be achieved.

Write a letter to let go of the past and look forward to the future and think about the below to help you write the letter:

1. Write where you are at right now.
2. Write down how you feel.
3. This could be a mix of negative and positive emotions.
4. A range of different challenging situations or Challenging relationships.

When writing consider all the above so you are able to:

1. Off load and express all your emotions on paper from the past.
2. Reflect on your behaviour and how it is making you feel and help your self look at it from a different perspective imagining you were a close friend to yourself.
3. Reflect on how you would like yourself to be in the future.

You can sit anywhere around the room - take your time

C A P A B L E . R E S I L I E N T . V A L U E D . B R A V E .

Time to Decorate Journals

Ideas are:

Smile, Hope, Joy, Love, Peace ...



Reflection:

What have you learnt about yourself today?

Challenge:

What one thing would you set yourself this week that helps you and your future self?

Please complete the end of session questionnaire on the next page and write down the challenge for the week.

Thank you & see you next week!


ACTIVITY TIME!

Hello, if you don't mind and are able to, please answer the 8 questions below so that we have a greater understanding of your current confidence levels.

Please choose a number on the scale to let us know. The closer to 1, the sad face, things are not so good. The closer to 10, the happy face, things are very good!

Date: _____ Name: _____


I feel a valuable member of society

1 2 3 4 5 6 7 8 9 10
 



I feel equipped to handle challenging situations and relationships

1 2 3 4 5 6 7 8 9 10
 

I know how to manage self doubt and feelings of anxiety

1 2 3 4 5 6 7 8 9 10
 

I feel confident about my skills and abilities

1 2 3 4 5 6 7 8 9 10
 

I feel happy to communicate and connect into the community

1 2 3 4 5 6 7 8 9 10
 

I feel hopeful about my future

1 2 3 4 5 6 7 8 9 10
 



Thank you for taking the time to fill out this questionnaire!

Date: _____ Name: _____ Session Title: _____

Please choose a number on the scale to let us know. The closer to 1, the sad face, things are not so good.

The closer to 10, the happy face, things are very good!

Please give yourself a mark out of 10 on how confident you felt about yourself this morning?

 1 2 3 4 5 6 7 8 9 10 

Please provide a mark out of 10 on how confident you feel about yourself after the completed session?

 1 2 3 4 5 6 7 8 9 10 

Marks out of 10 for the session - 10 being the highest

 1 2 3 4 5 6 7 8 9 10 

What did you take away from this particular session? (for example I want to be more grateful for the good things in my day)

Please provide us any feedback on the session and the impact

Thank you for taking the time to fill out this questionnaire!



WEEK 2:
CONNECT & CREATE

CONNECT



Stretches & Breathing

Today, what can we be grateful for today through stretches and breathing?

1. Forgive those that have hurt you - shake off the hurts
2. Give grace to yourself were things aren't quite as you hoped or wanted

Do stretches to the ceiling as if climbing your own personal mountain. Every climb despite how hard it is you can keep going so you get closer to your goal.

Tensing each part of the body starting from the toes to the face for 6 per body tense - 6 seconds and release. Then do the wonder woman pose.

& CREATE



Let's catch up

Share only if you would like to:

1. A handful of highlights
2. A Challenge or tricky time
3. Marks out of 10 for today
4. Clap, Encourage and compliment after each person has spoken
5. Did anyone attempt their weekly challenge

Note: Did anyone complete their letter at home? For anyone that did not start and complete the letter and would like to, you can do this after the tea break.

<p>What do you like to do in your free time?</p> <p>Ans:</p>	<p>Tell me something unique about yourself?</p> <p>Ans:</p>	<p>Have you met anyone famous?</p> <p>Ans:</p>	<p>What makes you feel fulfilled or happy?</p> <p>Ans:</p>	<p>What pets have you had in you lifetime and what was your favourite?</p> <p>Ans:</p>
<p>What is your favourite Flower and why?</p> <p>Ans:</p>	<p>What is your favourite place to go on holiday and why or where would you like to go on holiday?</p> <p>Ans:</p>	<p>How many brothers and sisters do you have and where are they in the world?</p> <p>Ans:</p>	<p>What do you do for work or voluntarily / if you do not work what fills your day?</p> <p>Ans:</p>	<p>Do you cook and if you do what do you enjoy cooking?</p> <p>Ans:</p>
<p>What entertainment do you enjoy? For example, theatre/sports?</p> <p>Ans:</p>	<p>What activities do you enjoy doing?</p> <p>Ans:</p>	<p>What would you like to get better at?</p> <p>Ans:</p>	<p>What is your dream job?</p> <p>Ans:</p>	<p>Where have your travelled or lived over the years?</p> <p>Ans:</p>
<p>Do you speak other languages? If so what languages if not what language would you like to learn?</p> <p>Ans:</p>	<p>What would you most like to improve about yourself?</p> <p>Ans:</p>	<p>What do you fear most?</p> <p>Ans:</p>	<p>What makes you feel like you have achieved something or something that gives you a buzz?</p> <p>Ans:</p>	<p>What makes you laugh?</p> <p>Ans:</p>

Time to get into pairs:

Now we are more connected and confident lets get into pairs and ask each other the below questions:

1. How would you describe yourself?
2. How would you like to describe yourself?
3. Need help...?
4. What have others said about you that are positive?
5. what things do you enjoy doing?
6. How do you feel about yourself...?

Let's visualise the person you are and the person you would like to be:

1. Visualise yourself and who you think you are now.....
2. Focus on that person, what you look like, how you are standing, where you are and what you're wearing.
3. Pause for 30 seconds
4. Now open eyes – how do you feel. Notice that feeling; Are you tired, frazzled, sad, happy or depressed?
5. Now close your eyes again whist you inhale and exhale slowly.
6. Imagine yourself standing tall, confident in who you are knowing that you are precious, loved and forgiven: visualise and what you look like. You are important, precious and capable. You have an adventure ahead of you that you're excited about. Imagine what that looks like . Is it in the mountains / by the sea or in the forest. This is the beginning of change for you – you're at the start line to begin a fresh start seeing things from a different perspective .
7. Now slowly open you're eyes and smile at someone and say well done.

C A P A B L E . R E S I L I E N T . V A L U E D . B R A V E .

Time to Make Bracelets/ Bookmark

Let's continue or complete making bracelets that remind of us the future self you want to be.

Words to make are: IAM Capable - IAM Brave - IAM Loved

OR

Design a Bookmark to say "A grateful heart is a Happy Heart" using cross stitch.

To be continued each week during Catch Up and after tea break.



Reflection:

What have you learnt about yourself today?

Challenge:

WE are all accountable to each other!

What are you going to continue to focus on based on the last 2 sessions?

Let's share how we got on next week....

Please complete the end of session questionnaire on the next page and note write down your challenge for the week & take a photo of it to remind you.

Thank you & see you next week!

I Am Confident



CAPABLE. RESILIENT. VALUED. BRAVE.

Date: _____ Name: _____ Session Title: _____



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What did you take away from this particular session? (for example I want to be more grateful for the good things in my day)

Please provide us any feedback on the session and the impact

Thank you for taking the time to fill out this questionnaire!

MY NOTES

Set yourself one goal for the week:

Write list of what you are grateful for this week:

Give yourself a mark out of ten with how your are feeling today: _____ / 10



WEEK 3:

THE TRUTH & YOUR BELIEF

**This is a safe place
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THE TRUTH &



Stretches & Breathing

Today, what can we be grateful for today through stretches and breathing?

1. Forgive those that have hurt you - shake off the hurts
2. Give grace to yourself were things aren't quite as you hoped or wanted

Do stretches to the ceiling as if climbing your own personal mountain. Every climb despite how hard it is you can keep going so you get closer to your goal.

Tensing each part of the body starting from the toes to the face for 6 per body tense - 6 seconds and release.

YOUR BELIEF



Let's catch up

Turn round to the person on your right and say something encouraging.

Then tell them:

1. One good thing.
2. One not so good thing.
3. One thing you are grateful for.
4. Marks out of 10 of how you are feeling today (10 is amazing, 1 is rubbish).
5. Clap and encourage and compliment.

I AM Unique

What are some of your favourite activities or things you enjoy doing?

What makes you the happiest or makes you feel content?

What makes you laugh?

What things are you most proud of in your life?

What is your favourite part of the day?

What do you value most?

What is important to you?

All about me character traits

Active	Independent	Conscientious	Picky
Adventurous	Insistent	Courageous	Pleasant
Affectionate	Intelligent	Daring	Polite
Ambitious	Lazy	Disrespectful	Proud
Anxious	Leader	Dreamer	Puzzled
Argumentative	Logical	Eager	Reliable
Bossy	Lonely	Easy-going	Respectful
Brave	Lovable	Efficient	Responsible
Brilliant	Loving	Energetic	Talented
Bubbly	Loyal	Enthusiastic	Wise
Calm	Lucky	Friendly	Witty
Capable	Mature	Funny	Worried
Charismatic	Mean	Generous	Sarcastic
Clever	Mysterious	Hard-working	Secretive
Clumsy	Nervous	Happy	Self-confident
Compassionate	Optimistic	Imaginative	Selfish
Competitive	Peaceful	Impatient	Shy
Confident	Pessimistic	Impulsive	Sociable

Add any additional character traits you would like to add underneath:

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Time to get into pairs:

1. Discuss briefly how that helped or challenged you to think about the character traits you have and the ones you would like to develop.
2. Only share with your partner and group after if you would like to.



Let's visualise the person you are and the person you would like to be:

Now we are going to think about something that might be challenging but it will help you:

1. Let's reflect on negative untruths that have been said to us over the years.
2. Write them down on the post it notes. It can just be on one post it or on many.
3. Afterwards we are going to burn each post it note and say the opposite of what has been said when placed into the fire, starting with the words for example: I AM.... A good mum, Capable, loved and clever



You can write the truth about your self
below:

I believe that I AM _____

I believe that I AM _____

I believe that I AM _____

I believe that I AM _____

I believe that I AM _____

I believe that I AM _____

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ACTIVITY TIME!

Journals Decorate & Stick Time!

Continue with Grateful Bookmarks, Bracelet making or decorating journals for the rest of the term!

Picture of book mark - A grateful heart



Reflection & Challenge time

Think about all the truth that has been said about you and what you now believe about yourself with a smile every day in the morning.

Thank you & see you next week!





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What did you take away from this particular session? (for example I want to be more grateful for the good things in my day)

Please provide us any feedback on the session and the impact

Thank you for taking the time to fill out this questionnaire!

MY NOTES

Set yourself one goal for the week:

Write list of what you are grateful for this week:

Give yourself a mark out of ten with how your are feeling today: _____ / 10



WEEK 4: THOUGHT PATTERNS & TALENTS

**This is a safe place
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THOUGHT PATTE



Stretching and breathing

Today, what can we be grateful for today through stretches and breathing?

1. Forgive those that have hurt you - shake off the hurts
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Do stretches to the ceiling as if climbing your own personal mountain. Every climb despite how hard it is you can keep going so you get closer to your goal.

Tensing each part of the body starting from the toes to the face for 6 per body tense - 6 seconds and release.

ERNS & TALENTS



Let's catch up

Turn round to the person on your right and say something encouraging.

Then tell them:

1. One good thing.
2. One not so good thing.
3. One thing you are grateful for.
4. Marks out of 10 of how you are feeling today (10 is amazing, 1 is rubbish).
5. Clap and encourage and compliment.

Discuss:

1. What goal did you achieve last week to develop you – What truths about you did you start to believe rather than the lies?
2. The lies you believe effect the way you think and create negative thought patterns. Discuss in pairs what you think is your daily self narrative. What negative thoughts are you thinking on a daily basis?
3. Have negative experiences in your past effected your self belief and therefore created negative though patterns?

Examples of these are on the next page



TRUE



FALSE

Time to get into pairs:

Discuss the below and complete the page over leaf

So, we all know the
truth about
ourselves, don't we?

BUT – What are our
daily thought patterns?

Possible life setbacks that
influence you're thought
patterns

Difficulty finding
a good job - I fail at
everything I try

Failing G,C,S,Es
Dyslexia challenges
Life circumstances

Bad relationships
Being told I am stupid
and not good enough

Spin the thought process

Under the minus symbol thought cloud write a negative thought pattern and under the plus thought cloud spin the thought into a positive thought pattern

—

+



CAPABLE . RESILIENT . VALUED . BRAVE .

A couple of examples to help you how to think differently and spin a positive into a negative.

I am unattractive and unloved.

Guide: thinking these thoughts will only make you act, behave and dress in a way that it is exactly that but if you change what you voice to yourself you can start loving yourself again.

‘I am attractive and loved, I am going to look after myself and love my quirks and embrace who I am. I am going to treat my body with the respect and kindness it serves and exercise, eat well and watch and read things that are good for my mind

I’m not good enough or capable, I’m too scared...

Guide: Remember the smallest to the largest thing you have achieved and this is the beginning of your capability, Build on this in your mind, remember the positive things people have said about you. Acknowledge what you are good at and challenges you have faced and overcome.

I am good enough because I am me, I am unique, I have done..... this in my life and I can learn more and grow into an even stronger and capable women. I have nothing to fear!!

CAPABLE . RESILIENT . VALUED . BRAVE .

Voice it to change it Challenge:

**Look at yourself in the mirror and say the truth about you.
Speaking the words I AM after completing the below worksheet.**

**Let's do it in pairs or to the group – wear yellow tinted pineapple
glasses – seeing life through a different lense and perspective or
how others might see you.**

I AM _____

I AM _____

I AM _____

I AM _____

CAPABLE . RESILIENT . VALUED . BRAVE .

Activity for pairs

Experience the impact on your body through the power of positive and negative thoughts.

Lets do the Shoulder challenge!



Reflection:

We have the strength to change our thought patterns.

Challenge:

When faced with a negative thought or challenge spin it around.

Thank you & see you next week!

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What did you take away from this particular session? (for example I want to be more grateful for the good things in my day)

Please provide us any feedback on the session and the impact

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WEEK 5:

BODY LANGUAGE & ASSERTIVENESS

**This is a safe place
Please respect & listen to each other
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BODY LANGUAGE AND



Stretching and breathing

Today what can we be grateful for - who do we need to forgive today through stretches and breathing? Empty the mind, be still and experience a place of peace.

Simple stretches starting from the neck and shoulder rolls and breathing exercises. What other stretches do people know they would like to introduce?

Stretches to the ceiling as if climbing your own personal mountain. Every climb despite how hold is closer to your goal.

Tensing each part of the body starting from the toes to the face for 6 per body tense - 6 seconds and release.

Anyone else want to suggest a stretch?

ND ASSERTIVENESS



Let's catch up

Turn round to the person on your right and say something encouraging.

Then tell them:

1. One good thing.
2. One not so good thing.
3. One thing you are grateful for.
4. Marks out of 10 of how you are feeling today (10 is amazing, 1 is rubbish).
5. Clap and encourage and compliment.

Body language and confidence: what does it say about us?

Body language influences the opinions people make about us

These are non verbal behaviours. They determine how strong, trust worthy and confident we are. We are influenced by our non verbals, thoughts, feelings and our physiology.

What are you doing with your bodies?

- 1. How many of you are making yourselves smaller so not to touch anyone?**
- 2. Are you arms, legs and ankles crossed?**
- 3. Are you more sprawled out ?**

Cuddy writes in her TED talk: "Body-mind approaches such as power posing rely on the body, which has a more primitive and direct link to the mind, to tell you you're confident."

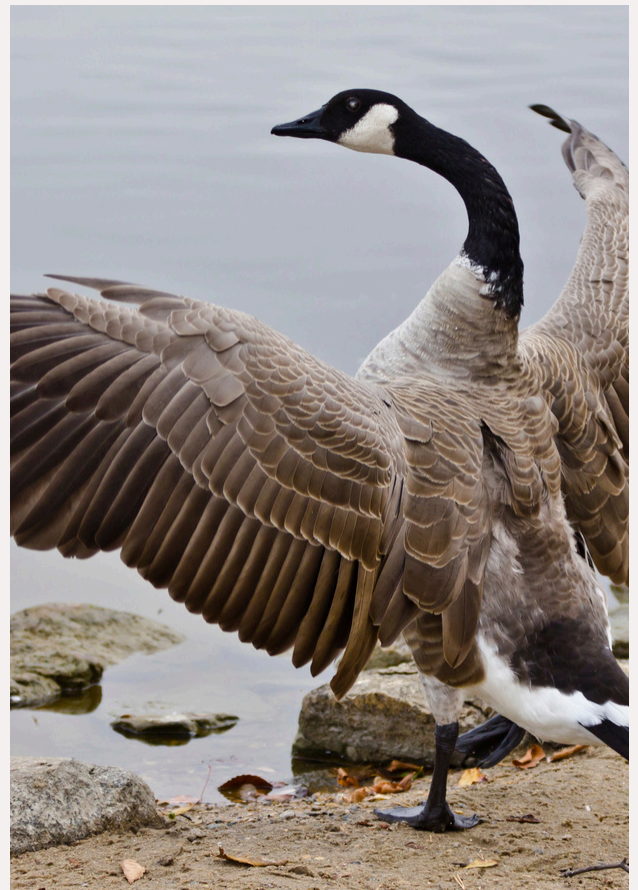
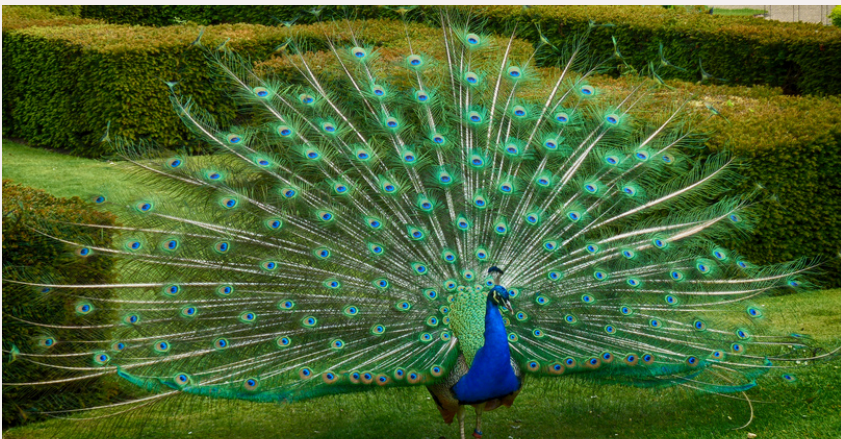
The power-pose actually increases the level of testosterone in your system (which increases risk tolerance and feelings of power) and reduces the stress hormone, cortisol therefore lessening the effect of stress and anxiety on your system.

Our bodies change our minds
... and our minds change our behaviour
... and our behaviour changes our outcomes.





Opening up your body and making yourself bigger is a power pose and reflecting how you feel and communicates power - animals do the same.



Power of the pose

Get into pairs - Lets do some power poses

Power pose and partner does the opposite – low power pose for 2 mins each

1. How does that make you feel?
2. Discuss what body language you want to change
3. Discuss situations that you could be more body confident in



Stand tall from your stomach, it immediately enforces you which confidence and makes you look five kilos lighter than if you were slump.

Confidence and Poise – Lets observe how we stand

If you thrust your shoulders back, your belly pots out!

Contract your stomach muscles and see what happens.

Pull in from you're core and everything aligns, plus you look slimmer and taller think of your stomach as the posture control centre.

Sit on a chair and pull in your tummy – try and slump at the same time, it's impossible. This is not natural at first but it transform the way you hold and feel about yourself. As you get into the habit the muscles will get stronger and you won't feel it any more. When you walk into a room and feeling conscious of your self, pull in your stomach muscles and suddenly you will look and feel anchored and in control.

Walking with confidence - Eye Contact - Facial expressions match your intention - Speak respectfully☐Make sure your body is saying what you want it to say - Information supported by Cuddy Power pose Ted Talk



lifehacker.com

**Faking Powerful
Body Language
Reduces Stress and
Makes You More
Confident**

A Guide to assertiveness:

Are you any of the examples made below?

If you start with sentences that use, 'I feel' they are received better than, 'you are'.

Can't say no

If you are a person that can't say 'no' to people think about the impact that is having on you and others around you and how you can say 'no' in a less direct way so you feel comfortable -Have boundaries. You could say, 'It is not something I can manage at this stage'.

Worried about what to say:

If you are worried about speaking to someone about something and what to say, rehearse it, write it out so you can articulate it in your mind clearly. You will feel more confident than about specifically what you want to say.

Handling Emotions

It's normal to feel emotionally charged and feel angry, frustrated or feel like crying. If you feel like this do some breathing and maybe delay the meeting. Get yourself to a calm place with positive thoughts and a calm and firm voice and tone when speaking.

Act confident

Body language can communicate how you feel inside so stand tall despite how you feel inside. Make eye contact and smile and acknowledge what has been said. Do some breathing exercises before speaking and have a good self-building up conversation with yourself. You can practice your posture in front of a mirror or friend.

What style of assertiveness are you?

Passive Behaviour

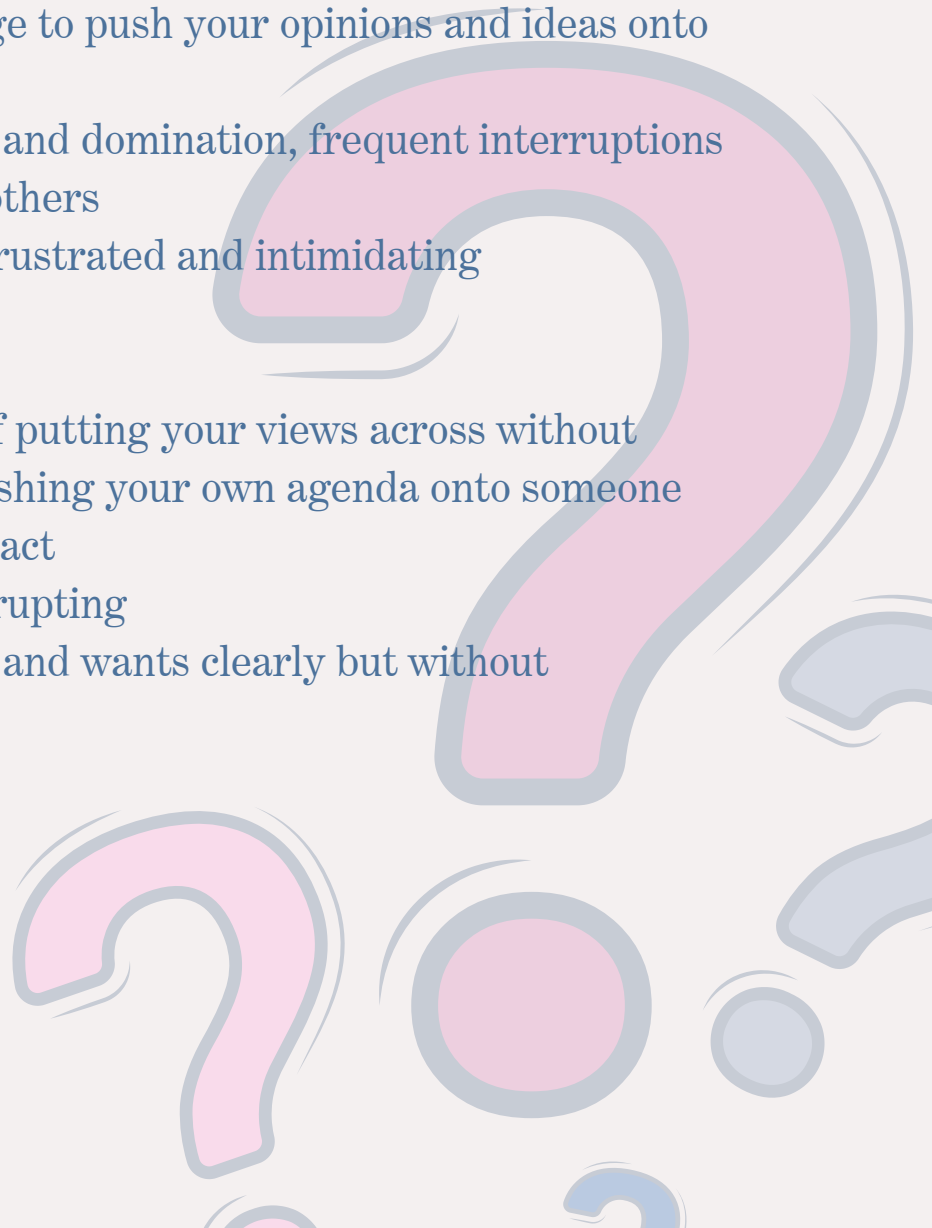
- when you demonstrate this behaviour you don't express how you feel or what your needs are
- you allow people to make their own conclusions and take advantage of your silence.
- it can also lead to a build up of resentment as you try to bottle your emotions up

Aggressive Behaviour

- when you behave aggressively to someone you violate their rights in pursuit of your own
- you use forcible language to push your opinions and ideas onto others
- this can lead to criticism and domination, frequent interruptions and refusal to listen to others
- you can become easily frustrated and intimidating

Assertive Behaviour

- this is a balanced way of putting your views across without bottling things up or pushing your own agenda onto someone
- you make good eye contact
- you listen without interrupting
- you express your needs and wants clearly but without confrontation



Mindful Activity

Relax, Breath & Imagine □ Facilitator to guide: □

Close your eyes and Picture yourself as assertive, what is your body language and facial expression like? □ Imagine how you interact and walk into a room or in situations with family, friends, colleagues, large gatherings, meetings, family dinner table, Church or social events. □ What are you saying to yourself? Think of the positive words you could be saying and thinking □ Notice your tone of voice, the words you use, body language. □ Notice how people respond to you and respect and value you. □ Notice how that feels inside and how good it feels to feel positive to receive positivity and to think positively. Say to yourself I can be that person, I will be that person, I am that person. Then smile and gently open your eyes take a deep breath and smile at someone and say, 'well done'

Reflection:

What have you learnt about yourself today?

Challenge:

WE are all accountable to each other!

What are you going to continue to focus on based on the last 2 sessions?

Let's share how we got on next week....

Please complete the end of session questionnaire on the next page and note write down your challenge for the week & take a photo of it to remind you.

Thank you & see you next week!

Embroidery Activity

Continue with Grateful Bookmarks, Bracelet making or decorating journals for the rest of the term!

Picture of book mark - A grateful heart



Reflection & Challenge time

Think about all the truth that has been said about you and what you now believe about yourself with a smile every day in the morning.


Thank you & see you next week!

Hello, if you don't mind and are able to, please answer the 8 questions below so that we have a greater understanding of your current confidence levels.

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Date: _____ Name: _____


I feel a valuable member of society

1 2 3 4 5 6 7 8 9 10
 



I feel equipped to handle challenging situations and relationships

1 2 3 4 5 6 7 8 9 10
 

I know how to manage self doubt and feelings of anxiety

1 2 3 4 5 6 7 8 9 10
 

I feel confident about my skills and abilities

1 2 3 4 5 6 7 8 9 10
 

I feel happy to communicate and connect into the community

1 2 3 4 5 6 7 8 9 10
 

I feel hopeful about my future

1 2 3 4 5 6 7 8 9 10
 



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