

CONFIDENCE 201

MAINTAINING YOUR CONFIDENCE



This online follow-up to Confidence 101 provides attendees of all ages with solutions to use at home, in relationships, in family, at work and in their communities.

DID YOU KNOW?

This session will continue to discuss and add to attendees' confidence journey!

HAVE YOU HEARD?

Confidence 202 will involve much more interaction and communication with attendees to share and connect the moments where they saw, heard and witnessed people's reactions to confident behaviour.

YES ITS TRUE!

This session will challenge attendees to discuss why and how confidence allows you to share with less fear and more skills to not "over-personalize" others' reactions. Participants will be taught how to respond to challenges put to them when they make a healthy and confident choice.

Participants will be assigned an "afterthoughts activity sheet" to self-reflect and help them process the session after it is completed online. Turtle Concepts allows participants to grow at their own pace and asks attendees to self-evaluate and share (if comfortable) with the group.

Dave Jones

is the Founder of Turtle Concepts and has delivered sessions on many topics. Confidence is the key to so much more in life, in relationships, in family, at work, etc.



Daniel Jones is the Co-Founder of Turtle Concepts and knows the benefits of confidence. He is a living example of the benefits of intergenerational



"excitement", living a confident life based on the teachings of Turtle Concepts.

Bring Turtle Concepts' innovative online programs to your audience. Call 705.945.6455 or email turtleconceptsinfo@gmail.com for a quote or to inquire about pricing options.