



## Confidence 201 – Maintaining Your Confidence (prerequisite is Confidence 101)

### ***At a Glance:***

<b>Recommended length of session:</b>	<b>2 Hours</b>
<b>Sessions:</b>	<b>3 Sessions</b>
<b>Method:</b>	<b>Delivered via Zoom</b>
<b>Dates/Times:</b>	<b>Flexible based on your needs</b>
<b>Participants:</b>	<b>Can be adapted to all ages (elementary – elders)</b>
<b>Hours to be Determined:</b>	<b>Flexible based on your needs</b>
<b>Pricing:</b>	<b>Varies based on content, schedule, dates/times, resource materials, number of participants</b>
<b>Resource Material:</b>	<b>This session will include one activity sheet</b>

Now that we began the discussion on confidence, we have to continue to discuss and add to your journey. These sessions will involve much more interaction and communication to allow you to share and connect the moments where you saw, heard, and witnessed people's reactions to confident behaviour.

Dave has been able to research and discover how individuals are afraid and anxious to lead by example with confidence based on how people react to it. This session will challenge the group to discuss why and how confidence allows you to share with less fear and more skills to not "over-personalize" other's 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 to process the session after it is completed online. Turtle Concepts is proud of the technique they have where participants are encouraged and allowed to grow at their pace. Participants will also be asked to self-evaluate and share (if comfortable) with the group.

The Turtle Team will share their journey and examples of how they overcame fear and anxiety. They will provide solutions to consider for the participants to use at home, in relationships, in family, at work, and in their communities.

Email now to discuss costs, details, times and dates to [turtleconceptsinfo@gmail.com](mailto:turtleconceptsinfo@gmail.com)