



Confidence 301 – Get Ready! Let’s Go! (prerequisite is Confidence 101 & 201)

At a Glance:

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| Recommended length of session: | 1 – 3 hours |
| Method: | Delivered via Zoom |
| Dates/Times: | Flexible based on your needs |
| Participants: | Can be adapted to all ages (elementary – elders) |
| Hours to be Determined: | Flexible based on your needs |
| Pricing: | Varies based on content, schedule, dates/times, resource materials, number of participants |
| Resource Material: | This session will include one activity sheet |

We’ve chatted and now it’s time to bring your confidence to life. This session will enliven your spirit and awaken your energy. It will encourage you to put your new “confidence ideas into motion in your day to day life.”

Dave and the Turtle Team will speak on positivity, balance, creating supports, initiating discussions with those around you so they too can support and learn from your example. People will learn and leave with clearer thoughts on self-care, self-love and self-confidence as opposed to “selfish behaviours and attitudes.”

Participants will be encouraged to share the “afterthoughts and experiences” they have gone through with the new information. They will be taught how to bring the ideas to their day to day life, and also work.

It will culminate in a “validating activity” guaranteed to touch their lives forever.

Email now to discuss costs, details, times and dates to turtleconceptsinfo@gmail.com