STUDY HIGHER			
RESOURCE TITLE	**CONFIDENCE**		
RESOURCE SUMMARY	This session looks at how to show confidence, why it's important to feel confident and delivers tips on how to be a confident leader.		
THEME	WELL	**LAST UPDATED**	April 2024
TARGET YEAR GROUP	Years 10 & 11		
MIN. NUMBER OF LEARNERS	5	**MAX. NUMBER OF LEARNERS**	30
LENGTH OF SESSION	20 minutes	**VENUE LAYOUT**	Cabaret
WORKSHOP/RESOURCE OBJECTIVES	Enable learners to: • understand the link between confidence and body language • appreciate the impact of mood on confidence • become a more confident leader		

RESOURCES INCLUDED	• PP_Confidence - presentations • HD_Confidence activity – hand out for exercise 1. This can be done individually or as a group
AV / OTHER RESOURCES REQUIRED?	• Access to a computer with presenting capabilities • Pens / pencils for students to mark up exercise handout

Timing	**Notes**
10 minutes	**Introduction – go through slides** Detailed presenter notes are on the PowerPoint slides. As an overview, this will cover: • Confidence and body language • Taking small steps and practice • The impact of mood on confidence • How to be more assertive and a confident leader
5 minutes	**Activity 1 – Confidence**

	(Use HD_Confidence handout) Students can complete this by themselves or you may choose to do this as a whole group, discussing together the characteristics of a confident person. The take-away from this activity is for them to consider how they can adopt some of these even to a small extent – so for example if a confident person uses a lot of eye contact, can they aim to use a bit more eye contact than they do already? Or put themselves forward to do something they may not already do, even in a small way at first (for example together with a friend). The important thing is about taking small steps and developing these ways of being and skills.
5 minutes	**Activity 2 – Assertiveness** Explore how they may wish to be more assertive, and share ideas of how they could do this. List situations where they struggle to be assertive – for example saying no, when doing group work, and then list ideas of what they could do to tackle these. If there are some very assertive individuals in the group you could ask them for strategies they use!

WAYS TO ADAPT THIS SESSION	• If you have more time, pair with one of the other short sessions in the section below
FURTHER RESOURCES	See other resources on wellbeing and motivation, e.g. • Strengths • Mindset • Female motivation • Motivation • Stress management