

VIBE

Session Title: Self-Esteem & Confidence

Duration: 2 x 45 minute sessions

Resources:

- Whiteboard/flipchart & pen
- '10 Steps To Self-Esteem', 'My Confidence' & 'Confidence & Self-Esteem Pledge Cards'
- Paper & pens

Aims:

- To provide learners with an overview of confidence & self-esteem.
- To build learners' self-esteem and provide opportunity to identify positive traits.
- To explore different methods of building confidence

Outcomes:

- Learners will be able to define confidence & self-esteem and explain the difference
- Learners will be able to clearly describe the confidence cycle and how our actions and behaviours influence our confidence
- Learners will be able to identify 5 positive traits/skills they possess after using a number of different tools and methods to build confidence

At a Glance:

Session 1 : Definitions

(Discussion & personal views)

Session 2 : Strategies

(worksheets around methods & pledges)



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Subject: Definitions

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Activity:

Desert Island Icebreaker

Ask the girls to imagine they are stranded on a desert island with no tools or food. How are they going to survive? Discussion around what skills each girl can bring to the island to work together as a team to survive. Encourage each girl to think of something they can bring, every person has a skill!

Examples: swimming, fire starting, collecting berries but also personality traits e.g.: kindness, patience, conflict resolution, sense of humour

(Students already have a toolbox of skills, traits and experience they can build on and don't recognise and acknowledge enough.)

Ask the group what they think 'self-esteem' and 'confidence' mean before facilitating short discussion on the difference.

Read the definition of confidence, writing key ideas on the board for reference:

The mental attitude of having trust in, respect for and reliance on your own judgement, feeling comfortable with your abilities and powers. It is the means to realise your full potential and be the person you want to be.

- Do they see themselves as confident?

Read the definition of self-esteem, writing key ideas on the board for reference:

A feeling of pride of yourself, feeling good about yourself- more about our own relationship with ourselves and how we feel deep down about who we are. Self-esteem is defined as how you see yourself, how much you value yourself, how important you think you are, and how you feel about your accomplishments.

- Does this make sense to everyone? Would they add anything to it?
- Do they see themselves as having low or high self-esteem?

Discussion

Do you think you can have confidence without self-esteem?

Yes, you can have one without the other.

You can be confident with others but lack belief in yourself.

Having better self-esteem will often lead to more confidence

Can they think of examples of times where they might have felt confident but their self-esteem was low?

Why are self-esteem and confidence important?

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Activity:

Share and read through the '10 steps' resource. Ask the learners to commit to doing at least one of the steps!

Confidence Cycle Activity

Read and explain the confidence cycle.

"Fake it till you make it": if we act positive and confident even when we don't feel it people will respond to us more positively which will help us feel more confident next time.

Go through the positive and negative examples and see if the girls understand and respond.

Fill in the sheet, using personal experiences of a time they felt confident to illustrate the positive enforcement cycle.

Compliments Activity

Ask each girl to write one nice thing down about every other girl in the group.

If the learners are willing, they can shout the compliments out loud, otherwise they can be put into a hat, anonymously, and each can draw one to read out

Each girl in the group will give and receive compliments and will leave the session feeling good about themselves.

Final Activity

Fill in the pledge cards.

One should say "I am ..." - learners to use the compliments as inspiration to fill in 3 great things about themselves

The other "To build my confidence I" - learners to choose 2 methods from the session to apply in their own lives