

TRAINING MODULE

NAME OF MODULE	Self-confidence
DESCRIPTION OF MODULE	This module should help to achieve self-confidence for every woman, who is having this course.
<p>Self-confidence - it is a standpoint that allows to create a positive, but also realistic self-image and the current situation. Self-confident people believe in their own ability to feel that they can control their lives and can achieve their goals. Even not, such people remain positive and evaluate themselves positively. Mostly in the problems they see opportunities rather than problems options. Self-confidence - is to respect and love yourself as you are, without trying to compare with others; it's just yours and the others positive evaluation. If you have confidence in yourself, it is much easier to achieve your life goals. Also it helps to work more efficiently, more effectively solve problems, more closely interact with others and ourselves.</p>	
Contents	<p>Self-confidence is extremely important in almost every aspect of our lives. So here are our three steps to self-confidence: self understanding; self strengthening; and self control.</p> <p>Before starting course, every woman needs to fill out the form about self-confidence. After few weekends of working in the course they need to take form again. It is for progress evaluation.</p> <p>PLAN OF THE MODULE</p> <ol style="list-style-type: none"> 1. Step 1: Self understanding. <ol style="list-style-type: none"> 1.1. Struggles in your life. 1.2. Think about change in your life. 1.3. Think about your strengths. 1.4. Think about how you will make a change. 1.5. Support yourself. <p>The first step involves getting yourself ready for your journey to self-confidence. Write a compassionate letter to yourself. When doing this exercise, validate your feelings and the reasons you're struggling; remember that millions of people struggle with their self-confidence; remember that <i>everyone</i> struggles, in general (it simply means being human); and try to be understanding, accepting and nonjudgmental.</p> <ol style="list-style-type: none"> 1. Remember millions of people struggle with their self-confidence. Think about situations where you felt lack of self-confidence. Think about the opportunities that you missed. 2. After that think about how you wanted to feel, what you wanted to say or do in those situations. 3. Think about your strengths. You have many of them! How you strengths can

	<p>help you in self-confidence.</p> <ol style="list-style-type: none"> 4. Think about the things that are really important to you, and what you want to achieve with your life. Where you want changes in your life. 5. Write a supportive letter to yourself from the perspective of a compassionate person (someone from your family, or friends). <p>2. Step 2: Self strengthening.</p> <ol style="list-style-type: none"> 2.1. Form groups with a mentor. 2.2. Set small goals. 2.3. Achieve them. 2.4. Think about your bigger goals. <p>This is where you start, ever so slowly, moving towards your goal. By doing the right things, and starting with small, easy wins, you'll put yourself on the path to success – and start building the self-confidence that comes with this:</p> <ol style="list-style-type: none"> 1. First form groups of 3-4 women. Every group has a mentor who will help them do not lose their self-confidence. Confident people inspire confidence in others. The group is not working together, they have the same mentor and they need to help each other. 2. Looking at your goals, identify the skills you will need to achieve them. And then look at how you can acquire these skills confidently and well. 3. Stay on top of that positive thinking, work with your mentor. They will help you to achieve. And on the other side, learn to handle failure. Accept that mistakes happen when you're trying something new. 4. If you feel stronger, think about what you want to try next, maybe you think about your goals when you wrote a letter to yourself. Maybe goals are changed. <p>3. Step 3: Self control.</p> <ol style="list-style-type: none"> 3.1. Analyze your achievement in step 2. 3.2. Prepare a presentation. <p>By this stage, you'll feel your self-confidence building. You'll have completed some of the courses you started in step 2, and you'll have plenty of success to celebrate! This is the time to start:</p> <ol style="list-style-type: none"> 1. Think about what has been achieved and about mistakes. Create a speech about it. 2. Prepare a presentation about your journey. You need to tell your story in front of the audience. Remember that everything will be all right. 3. Describe how you felt after presentation. Make the goals a bit bigger and the challenges a bit tougher. <p>Taking the same quiz to see the difference between your quiz results before taking a course and after.</p>
– skills, knowledge	Level of self-confidence will be shown in many ways: behavior, body language, how women speak, what they say. Course will help to emphasize strengths focusing

		<p>on what woman can do and approach new experiences as opportunities to learn rather than occasions to win or lose. Goal setting is probably the most important activity that person can learn in order to improve her self-confidence.</p>
	- working methods	<p>Self-Talk. Use self-talks as an opportunity to counter harmful assumptions. Then, tell yourself to “stop” and substitute more reasonable assumptions. For example, when you catch yourself expecting perfection, remind yourself that you can’t do everything perfectly, that it’s only possible to try to do things and to try to do them well. This allows you to accept yourself while still striving to improve.</p> <p>Self-Evaluate. Learn to evaluate yourself independently. Doing so allows you to avoid the constant sense of turmoil that comes from relying exclusively on the opinions of others. Focusing internally on how you feel about your own behavior, work, etc. will give you a stronger sense of self and will prevent you from giving your personal power away to others.</p> <p>Talking in front of the audience. Helps to build confidence to talk with other people. Also helps to express your opinion. It is like a small goal that you will achieve.</p> <p>Short quiz To find out how self-confident you are before the course and after it..</p> <p>Dialog, consultation With the psychologist or social worker, with other participants.</p>
EXTRA LINKS, BIBLIOGRAPHY		
TIMING	3 weekend’s program. Gap between weekends should be 2-4 weeks.	