

# PART - 1

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## BUILDING SELF-CONFIDENCE

# What is Self – Confidence ?



# Areas of Confidence Building

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- Personal ( Confidence in family/ friends)
- Social ( Confidence in Public/ School / Society )
- Professional ( Confidence at workplace )

# Why ?

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# How?

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- Students will be observed on their confidence level and will be trained accordingly.
- Various activities will be taken which will boost their confidence.
- Extra attention will be given if the student is still resisting to take up different tasks.

# Activities

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- Self reflection worksheets
- Group discussion activities
- Personal counselling tasks with teachers
- Visualization
- Change myself talk

