



idevelop



**BUILD YOUR  
CONFIDENCE**



## DESCRIPTION

In this course we will talk about 10 pillars of self-confidence and how to deal with the situations like:

- Feeling that students or teachers sometimes feel not enough, not adequately prepared, not knowing enough and that one day all these feelings will be revealed and people will realize it.
- Feeling indecisive, stuck, overthinking about the situation or problem. Continually thinking about worst case scenarios and everything that can go wrong and therefore lacking the courage to take the action.
- Thinking that although someone has worked very hard, they do not get much in return, have not received adequate recognition, have not been evaluated fairly or that the rewards are always taken by others.
- Trying to keep a low profile, not to attract attention, or, alternatively, get caught up in excessive perfectionism, because of the feeling that the work is never as good as people expect it to be or on the contrary, some people being too much and showing off.
- Collapse and not knowing how to handle criticism.



# COMPETENCES

- Understand and work with 10 pillars of self-confidence,
- Being able to work on your own habits,
- Being more compassionate and understanding in the classrooms,
- Skill to work with low-self-confidence and undervaluing,
- Ability to work with perfectionism and overthinking.



## RESULTS

By completing this course, participants will be able to:

- Feel more motivated and confident,
- Have less self- doubts, overthink less,
- Obtain tools and techniques for themselves and their students for: self-doubts, overthinking, not feeling enough, stress and overwhelm, perfectionism, working hard and not feeling rewarded, low self-confidence,
- Become more compassionate and understanding in their daily life and with/for students,
- Create an environment of trust in their classroom and school,
- Spread their positive attitude in their community.



# METHODOLOGY

The methodology of the course focuses on group experience and needs. The training will follow practical approaches: visualisations, tapping, emotions work, inner child work, group activities and coaching tools. As part of the course, the participants will learn how to implement these techniques in the various phases of their daily routines.



# DAY BY DAY

## WELCOME SESSION

By Project Coordinator  
Introducing the Tutor  
Handing in of the course folders and useful information  
Introducing the course objectives.

## DAY 1:

09:00-14:00

Ice breaker. When anything is possible.

Getting to know each other. Presentation activity where participants will know each other and group exchange: sharing experiences related to the topic of the workshop.

First steps. Group dynamic.

### **COFFEE BREAK**

Establishing the common agreement: Goals, expectations and fears related to the course.

### **BREAK**

Self-confidence. Definition, Principles & theory.

Group reflections. Daily conclusions.

## DAY 2:

09:00-14:00

Map of your self-confidence.

Signs and impact of low confidence.

### **COFFEE BREAK**

Being always overlooked, not evaluated, not being seen, somebody else is rewarded for our work.

### **BREAK**

Giving more and not receiving, recognition, reward, not able to ask for more.

Group reflections. Daily conclusions.

## DAY 3:

09:00-14:00

The concept and patterns of self-confidence.

Fan, authenticity, adaptability, actionability.

### **COFFEE BREAK**

Always playing small.

### **BREAK**

2 types and 10 pillars of confidence.

Group reflections. Daily conclusions.

## DAY 4:

09:00-14:00

Strategies to strengthen external self-confidence.

Mapping external self-confidence.

### **COFFEE BREAK**

Never is enough, perfectionism, running.

### **BREAK**

I am "special", different, I don't match.

Group reflections. Daily conclusions.

## DAY 5:

09:00-14:00

Strategies to strengthen internal self-confidence.

Visualisation.

### **COFFEE BREAK**

Overthinking vs. self-confidence and fear.

### **BREAK**

Just be.

Group reflections. Daily conclusions.





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