

Creating Confidence and Courage

Coaching Package Template



Adventures In Wisdom®



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Self-confidence

Whether or not kids believe in themselves will shape who they are and what they create in their lives. Do they go for it in life, or do they sit on the sidelines?

Powerful self-confidence isn't something kids either have or don't have. Believing in themselves, even after they've experienced a disappointment, is a skill that they can develop!

Kids often feel they must feel confident *before* they do something new; however, exactly the opposite is true. The fear doesn't go away, and the confidence doesn't build until *after* they take action.

The good news is that they can learn how to believe in themselves, even when there is no evidence that they will be successful!

Summary

Lesson 1 – What is Self-confidence? (Skill Book 14)

Lesson 2 – How Your Minds Shapes Your World (Skill Book 1)

Lesson 3 – Power of Possibility (Skill Book 2)

Lesson 4 – Neural Pathways (Skill Book 3) and Managing Fear (Skill Book 24)

Lesson 5 – Conditional Thinking (Skill Book 27)

Lesson 6 – Self-talk (Skill Book 15)

Lesson 7 – Power Shifting (Skill Book 5)

Always share the WISDOM for Home take home sheet with the family!



About each lesson

Lesson 1 – What is Self-confidence (Skill Book 14)

- Self-confidence is a skill that can be developed. Read the story *Canville and Cantville a Tale of Two Towns!* and help kids understand the power and the impact of an “I can” belief system.
- Homework: Discuss the power of stretching activities with your clients. Then agree upon two or three activities that they can complete before your next meeting.

Lesson 2 – How Your Mind Shapes Your World (Skill Book 1)

- Review key lessons from Lesson 1 (Use Wise in Fives for this).
- What kids accomplish in life is shaped by what kids believe about themselves - both on the conscious level and on the subconscious level. When kids learn how to uncover negative beliefs and then shift them to supporting beliefs, they become empowered to handle disappointments without giving up on themselves. Read the story *Who’s Flying Your Plane* and help kids understand how their mind shapes their world and what they can do to shape their mind.
- Homework: Wise in Five for the skill book *How Your Mind Shapes Your World*.



Lesson 3 – Power of Possibility (Skill Book 2)

- Review key lessons from Lesson 2 (Use Wise in Fives for this).
- Belief systems shape what kids believe is possible for their lives. Kids who don't believe in themselves or who don't think their dreams are possible will live in excuses and develop an "I can't" attitude. Learning how to develop a belief system based on *possibilities* will help kids bust outside of their comfort zone, create courage, and go for it in life - even when there is no evidence that they will be successful. Share the story, *Power of Possibility*, and help kids learn that they achieve what they believe!
- Homework: Wise in Five for the skill book *Power of Possibility*.

Lesson 4 – Neural Pathways (Skill 3) and Managing Fear (Skill 24)¹

- Review key lessons from Lesson 3 (Use Wise in Fives for this).
- Learning how to move through anxiety and fear helps children learn how to believe in themselves when facing something new.

First read the story, *Pathway to Success* to help kids understand that anxiety is a natural response to doing something new because their brain hasn't developed neural pathways about the new experience.

Second, read the story *Slaying Dragons* to help kids learn three thought patterns that create fear and a five-step process for moving through fear and creating courage.

- Homework: Complete the activities "Using the Five Steps" and "Practice Slaying Dragons" from the skill book *Managing Fear*.

¹ IMPORTANT: If this is the first time you've introduced Neural Pathways, we recommend you cover this in its own session. If you have already covered NPs, then a reminder of how they fit into self-confidence and reviewing the Wise in Fives will probably be sufficient. Use your judgement based on your experience with your clients.



Lesson 5 – Conditional Thinking (Skill Book 27)

- Review key lessons from Lesson 4 (Use Wise in Fives for this).
- Read the Story *If Then Ben (Part 1)* and help kids learn how conditional thinking can kill their confidence. Then explore what they learned in *Power of Possibility* to turn conditional thinking into “How can I?”
- Homework: Complete the activities in the skill book *Conditional Thinking*.

Lesson 6 –Self-talk (Skill Book 15)

- Review key lessons from Lesson 5 (Use Wise in Fives for this).
- Children’s thoughts about themselves create the way they experience themselves and their world. Every time they think about themselves – either in the “positive” or in the “negative”, neural pathways are created which establish their beliefs about themselves. Help children understand that what they say to themselves is more important than what anyone else says to them. They can use the power of positive self-talk to create positive beliefs about themselves and to create strong self-confidence.

Read the story *Choosing Your BFF (Best Friend Forever)* to help kids learn about the power of positive self-talk and how it shapes their lives.

- Homework Assignment: Create a mirror mantra and practice it every day.



Lesson 7 – Power Shifting (Skill Book 5)

- Review key lessons from Lesson 6 (Use Wise in Fives for this).
- When things don't go their way, children often get down on themselves, which devastates self-confidence. A powerful skill for children to develop is learning how to separate their results from “who they are”. We call this power shifting (often referred to as reframing). Read the story *Power Goggles®* and help kids understand how to handle the ups and downs of growing up without getting down on themselves.
- Homework assignment: Complete the Wise in Five for the *Power Shifting* skill book.