

You Can Do It!

A 1-day training workshop on confidence-building for people involved in changing communities

Aims

The aims of this workshop are to help you

- Understand what confidence is, what can block it, and what can boost it
- Recognise your own strengths and potential
- Feel more confident about trying out new things and taking on challenges, in your personal life and in the community
- Have at least one ambitious goal and an action plan for achieving it.



Outline programme

Session 1	Introduction to the course and to one another What does confidence mean for me? Where does confidence come from – lessons from psychology
Session 2	Building on our strengths and capabilities How we learn from challenging experiences; managing our comfort zones
Session 3	Goals and action planning Dealing with difficulties and setbacks
Session 4	Assertiveness and influencing others Review of course and way forward