**Confidence Building – A Skills Based Approach**

**Overview:**

This overview sets out the basics of a five week Confidence Building course. It details: session length, session titles, basic idea behind the sessions, resource available and resource needed.

**Session length:** is between one and a half and two hours (maximum two hours). Materials that make up the resource pack are meant to be used flexibly and with discretion. A presenter should be prepared to end a session when it feels right.

**Session titles:**

* Pre-Lim to Session One. This is part of session one but it concentrates on the course plan and the operating ground rules.
* Session One - The Beginnings
* Session Two - Moving Forward
* Session Three - Recognising Your Skills
* Session Four - Talking about yourself
* Session Five - Social Activity

**The basic idea:**  is to encourage participants to engage with the activities and to gain confidence via the experience. Interactivity is important. It is important to note that these sessions are NOT about counselling. They are about confidence building via positive thinking, action and the recognition of personal attributes and skills.

**Resource available:**

There is a separate resource pack for each of the sessions. Each resource pack contains:

* A full set of Powerpoint slides.
* A more detailed user guide containing miniature versions of the session slides with associated discussion points, ideas for development and supporting handouts.

**Resource needed:**

A flip chart or white board and pens to capture the discussion from participants.

If you do not have access to Powerpoint or a computer then all of the slides can be transcribed on to a flip chart. This is in fact how it is delivered at the Women's Centre in Derby.

It is good to have two presenters. Both should be prepared to provide personal example and should be able to encourage participation. It is important to foster a sense of fun in the sessions.