**Preliminary to Session One**

Sets out the overall sessions plan and sets the ground rules for all of the sessions. Consists of 3 slides.

**Slide 1** Covers the overall plan for all six sessions:

**Confidence Building – The Plan**

* Week 1 – The Beginnings
* Week 2 – Moving Forward
* Week 3 – Recognising Your Skills
* Week 4 – Writing about your skills
* Week 5 – Verbalising your skills
* Week 6 - Social

**How to use:**

Introduce yourself briefly. Don't go in to too much detail because you do that later on when session one begins – so just name and that you are pleased to be there etc.

Talk through the overall plan. Indicate how it develops from the beginnings to more formal things like recognising skills. Maybe identify the links to job hunting and maybe see if anyone is interested in developing that theme.

Ask if there is anything specific they would like to add.

Indicate it is not a teaching course – it is interactive with their inputs as central.

Indicate that it is non judgemental and is all about encouragement.

**Slide 2** This is an important slide because it gets the group to identify the ground rules under which the sessions will operate.

**Confidence Session Ground Rules**

**Activity**

* Let's begin by establishing a set of ground rules for the way our sessions will run.
* For example:
* We will respect one another's opinions
* We will …...

**How to use:**

Talk through the importance ground rules as they establish the nature and expectations of the sessions.

Try to get them to establish about 6 or 7 rules.

Prompt with examples if necessary - such as:

* We should listen to each other with respect for contributions.
* We should not dominate the discussion.
* We will not divulge personal information outside these sessions.
* We will respect the individual.

Here is a possible list from the internet:

* Speak from your own experience instead of generalizing ("I" instead of "they," "we," and "you").
* Do not be afraid to respectfully challenge one another by asking questions, but refrain from personal attacks -- focus on ideas.
* Participate to the fullest of your ability -- community growth depends on the inclusion of every individual voice.
* Instead of invalidating somebody else's story with your own spin on her or his experience, share your own story and experience.
* The goal is not to agree -- it is to gain a deeper understanding.
* Be conscious of body language and non-verbal responses -- they can be as disrespectful as words. **treating others’ contributions with respect**
* keeping personal issues out of the session
* maintaining confidentiality within the group.

**Slide 3** Contains a set of possible ground rules for the group to agree

**Possible Ground Rules**

**We Will:**

* Listen to each other with respect.
* Not dominate the discussion.
* Maintain confidentiality.
* Participate to the fullest of our ability.
* Keep personal issues out of the session.
* We will respect the individual.