



Creating Confidence

Aim: to explore our sense of self worth, share helpful ideas with one another, and build confidence.

Items needed this week

- Women's magazines
- A crisp and clean £20 note
- Small mirrors with wide frames (available to buy in pound stores / Ikea) or pocket mirrors as an alternative
- Glue sticks and scissors
- Clear acrylic/multi-surface varnish and brushes (available to buy in B&Q/Wilko/online)
- Affordable ready-made parcel/label tags (available to buy/
- order in bulk online or make your own tags from cut-out card before session)
- Inspiring quotes / Bible verses related to confidence printed off from Pinterest
- A range of decorative stickers and scrapbooking supplies (available to buy in pound stores / Hobbycraft / online)
- Riverbank The Course Session 4 PowerPoint Template

Welcome

Give a short summary recapping the previous session. Ask the group how they have been getting on over the past week and whether anyone has any thoughts/reflections on exploring their emotions. Allow a couple of minutes for sharing.

Icebreaker

Magazine Exercise

As a group, look through women's magazines and notice the different images of women shown. Take note of the models who appear to be size 14 or above, as well as images representing different cultures.

Display 'Magazine exercise' slide and split into smaller groups and discuss:

- *What types of images of women are shown?*
- *How would you describe the women pictured?*
- *How do these images make you feel?*
- *In what ways do people feel pressure to look or act like these women?*
- *Why do you think magazines choose these images?*

Finish by reflecting on how similar images appear across media such as TV, social media and advertising, and discuss whether there is pressure to look a certain way in order to feel accepted or successful.

Activities

Labels exercise

Today we're exploring confidence. The images we see and the people around us - past and present - can shape how confident we feel.

Sometimes things people say, intentionally or not, become 'labels' that affect how we see ourselves.

As the leader, you could share a brief personal story about labels and confidence, before handing out the labels.

Take a moment to think about any negative labels that have impacted your confidence. Share in pairs if you're comfortable.

Now think of three positive things people have said about you. Write each one on a label - these are labels to be proud of and to wear.

£20 thought

Hold up a £20 note and say:

Polymer notes were designed to survive better than paper, through water, dirt, wear and tear. They're made to last.

As you speak, try to damage the note by bending, stamping on it etc.

Sometimes life bends us. People mistreat us and circumstances try to mark us. But just as any damage to this note doesn't devalue its worth, neither are we worth any less because of the things that happen to us.

And what about you - how much more valuable are you than a £20 note?

Whatever has left you feeling bent, out of shape, marked or worn down, your worth has not changed.

Hold on to this truth: you are wonderfully and beautifully made.

You may like to finish by handing out positive, encouraging quotes or Bible verses (easily found online or on Pinterest) for everyone to keep as a reminder.

Creating confidence tips

Display the 'Creating confidence tips' slide. Look at the following together and share thoughts:

- Creating confidence tips and Nathaniel Summer's quote.
Perhaps encourage the group to follow the first tip of noting down in their notebooks any insecurities they may be dealing with and tearing out those pages.
Challenge the group to take the fifth tip on the list and to compliment one another in person for the rest of the session.
- 'Phenomenal Woman' poem by Maya Angelou could be distributed as printed copies or projected on to a screen (Appendix 5).
Perhaps encourage the group, if they are comfortable with it, to take it in turns to read and pause to share thoughts for a minute or so after each stanza of the poem has been read.
Instruct the group that they are welcome to make notes or underline key lines that they feel are important on a personal level.

Positive things

Let's finish today by starting to look at ourselves in a positive way. It is often hard to say positive things about ourselves, but we need to highlight the positives and start believing them. Let's think about three positive things we can say about ourselves. One must be about our physical appearance. Write these in your notebook, then let's go round the group and share these.

Craft: mirror decorating

Decorate the small mirror frames or pocket mirror cases with positive words using cut-outs from the magazines, stickers and other craft materials. You may also want to print out positive, encouraging and motivational quotes / Bible verses which can be sourced online via Pinterest. The frame may need varnishing afterwards to reinforce anything glued on. Encourage the women to hang or display these in their homes.

Additional/alternative craft: notes of encouragement

Ask everyone to write something short and encouraging about each member of group in the decorated notebooks from the previous session. Ensure each person has written their name at the top of the page or somewhere obvious on their notebook to let others know who they are encouraging. Let the group leave their open notebooks in different areas of the room for everyone to go round leaving messages for one another. You as a leader should also get involved and leave messages in your group members' notebooks.

Reflect and respond

Spend some time reflecting on this session - you may choose to refer back to the aim. Ask the women if they have any questions.

Spend some time reflecting on this session using the questions below:

- *What went well?*
- *Even better if ...?*
- *Is there anything else you'd like to say?*

Invite the group to write the answers to these questions in their notebook and follow up with them individually. Alternatively, have a time of open sharing.

After the session, consider if there are any immediate changes to make based on the feedback. Record all other comments for future reference for your leader's feedback at the end of the programme.