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LEADERSHIP DEVELOPMENT & COMMUNICATION SPECIALIST



Raising Confident & Resilient Kids

Confidence is a vital skill for today's youth, helping them navigate challenges and connect meaningfully with others. **Fiercely Confident** empowers pre-teens and parents to understand and strengthen their self-esteem by exploring the connections between thoughts, attitudes, and emotional intelligence (EQ). This workshop equips parents and their kids with tools to boost self-awareness, adopt a growth mindset, and positively shape their interactions.

Confidence isn't something you're born with — it's something you build. This workshop provides a framework to help you:

- Shift Your Mindset – Recognize how attitudes influence behavior.
- Build Emotional Intelligence – Strengthen self-awareness and social connections.
- Develop a Growth Mindset – Develop resilience when challenges arise.
- Increase Self-Worth – Discover practical strategies to boost confidence.
- Create Meaningful Connections – Navigate relationships with authenticity.

Guest Speaking/Assembly Options

	For Parents	For Teens & Pre-Teens
Attitudes & Behaviors	Understand how conditioning and social influences shape confidence. Learn how to model and encourage positive attitudes.	Identify personal strengths and behaviors that impact confidence. Explore how social norms affect self-perception.
Growth Mindset	Learn how to foster a growth mindset at home and help kids embrace challenges.	Discover the power of effort and perseverance to turn setbacks into growth.
Emotional Intelligence (EQ)	Develop self-awareness and strategies to support children in handling emotions and relationships.	Improve self-awareness and relationship skills to build stronger connections and confidence.
Workshop Experience	Interactive discussions, reflection exercises, and real-life applications to support confidence-building in kids.	Engaging activities, peer discussions, and exercises to practice confidence in real time.

60-75 minute workshops and assemblies tailored to your school and club needs.

Confidence is a choice. Call today to gain tools for resilience, empowerment, and self-growth.

Book available on Amazon.



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