

TOOLS FOR TOMORROW

back

YOURSELF 

trust your decisions.
take the next step.

OVERVIEW

Back Yourself is a confidence-building experiential workshop designed to help young people trust their decisions, take action and keep going when things feel uncertain.

Students learn that confidence isn't about having all the answers - it's about believing in yourself enough to try.

This workshop is interactive, inclusive and discussion-led, creating a psychologically safe environment where students can practice building resilience and responding to setbacks when things don't go their way.

THE PROBLEM

Young people are growing up in a world of:

Constant comparison

Pressure to get it 'right'

Fear of failure

Many hesitate to speak up, take risks or put themselves out there for opportunities. This is typically because they don't feel ready, qualified or confident enough. This leads to self-doubt, inaction and missed opportunities.

THE SHIFT

This workshop helps students move from:

Self-doubt  **Self-trust**

Through activity-based challenges and reflection, students practice:

- making decisions
- taking initiative
- responding to uncertainty

This workshop helps young people learn that confidence is built. It grows through action and momentum, not perfection.

WHY IT MATTERS

Opportunities rarely go to the most prepared in the room. They go to the person willing to step forward and try.

In education, careers and life, young people need the confidence to back themselves, even when things feel uncomfortable or unfamiliar.

OUTCOMES FOR STUDENTS

By the end of this workshop, students will:

- Feel more confident making decisions without needing reassurance
- Be more willing to try, apply and put themselves forward
- Understand how resilience and confidence are built through action, not perfection
- Recognise that backing yourself is a skill - and one they can practice through life

“I realised I don’t need to feel ready to try, I just need to start” - Year 13 Student