



Self-Confidence Empowerment Plan

How kids feel about themselves is one of the biggest influences on both their happiness and what they create in their lives.

Positive self-esteem isn't something kids either have or don't have – feeling good about themselves, even when things aren't going their way, is a skill that your child can develop.

Powerful self-confidence isn't something kids either have or don't have. Believing in themselves, even after they've experienced disappointment, is a skill that they can develop!

Kids often feel they have to feel confident before they do something new; however, exactly the opposite is true. The fear doesn't go away and the confidence doesn't come until after they take action.

The good news is that your child can learn how to believe in themselves, no matter the outcome.

What We Cover

- ✓ What is self-esteem
- ✓ How Your Mind Shapes Your World
- ✓ Honoring Your Uniqueness
- ✓ Neural Pathways
- ✓ Self-talk
- ✓ Power Shifting
- ✓ Self-confidence
- ✓ Power of Possibility
- ✓ Managing Fear
- ✓ Conditional Thinking



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