

Confidence Toolkit Workshops

About the facilitator

Classes are run by Dr Priyanka Naidu, The Wellbeing Designer. Driven by her own experiences with social anxiety, particularly when she was young, she is driven to provide the support she wished she had at an earlier age.

Learning how healthy habits support the mind, managing overwhelming emotions, and challenging unhelpful thoughts has supported her mental health, confidence and resilience. She has a PhD in psychology, and has a background in research, lecturing and tutoring at university and designing wellbeing tools and resources. Her resources are used by teachers and psychologists in clinical practice.



Classes for

- **Grade 9-10**
- **Grade 11-12**
- **18-24 yr olds**

The CARB Program

In 7 weeks students will learn topics that cover:

- What impacts how we feel
- Purpose of emotions
- Building Mental Skills: Confidence and managing emotions are skills that can strengthen
- Why we experience fear
- How to face fears and build confidence
- Unhelpful thoughts and how to work through them
- Practise strategies that calm the mind and the body (journaling, mindfulness, breath work).
- Healthy habits for a healthy mind.
- Social comparisons

the
**wellbeing
designer**

The CARB workshop aims to provide students with essential tools and skills to enhance their emotional wellbeing. This program focuses on confidence and mental resilience building. By delving into difficult emotions, students discover healthy ways to navigate them.

We look at unhelpful self-talk, and negative thinking styles and equip students with effective strategies to manage them. We explore the connection between cultivating healthy habits and mental health and overall wellbeing. Classes are designed to be a fun and engaging way to support social and emotional skill development and strength.

WEEK	TOPICS
Week 1: Introduction	Ice breaker activity What impacts how you feel? Introduction to emotional health
Week 2: Understanding Emotions	Emotions and their purpose Why do we feel nervous?
Week 3: Confidence	What happens in your mind and body when we feel fear What is confidence?
Week 4: Cognitive distortions and self-talk	Targeting unhelpful self-talk Mindset impacts how we feel Identifying unhelpful thinking patterns exercise
Week 5: Mindfulness	Mindfulness and breathing exercises
Lesson 6: Healthy Habits	How healthy habits impact how we feel: sleep, nutrition
Lesson 7: Celebrating our Strengths and Gratitude	Reflecting on our strengths Social comparisons

Contact details

Dr Priyanka Naidu

Email: priyanka@thewellbeingdesigner.com.au

Website: thewellbeingdesigner.com.au

LinkedIn: www.linkedin.com/in/priyanka-naidu/

Instagram: [@thewellbeingdesigner](https://www.instagram.com/thewellbeingdesigner)

the
wellbeing
designer