

The Five C's for Building Confidence with Dale Hancock

COURSE

Building confidence is crucial for personal and professional success in today's fast-paced world. Dale Hancock's "The Five C's for Building Confidence" course offers a comprehensive framework to help individuals, especially students, develop and strengthen their self-assurance.



About This Course

Drawing from over a decade of teaching experience and his journey as an international confidence coach, Dale introduces participants to the Five C's framework:

Character:

Understanding and embracing one's unique qualities and values.

Courage:

Developing the bravery to face challenges and step out of comfort zones.

Commitment:

Cultivating dedication and perseverance in pursuing goals.

Connection:

Building meaningful relationships and effective communication skills.

Competence:

Enhancing skills and knowledge to boost self-efficacy.

Through interactive sessions, practical exercises, and real-life examples, participants will gain tools to overcome self-doubt, manage anxiety, and build lasting confidence.

About the Presenter:

Dale Hancock is an international confidence coach dedicated to empowering students worldwide. With over a decade of experience in primary and secondary education, he has taught subjects including Science, Physical Education, and Business Studies. Dale is the author of the #1 International Best Seller "Raw Confidence," which addresses children's and teens' mental health. His personal journey through significant life challenges, including overcoming debt, personal loss, and mental health struggles, has fueled his passion for coaching. Dale has been featured in various media outlets and has spoken in the UK Parliament on issues surrounding mental health and low self-esteem in schools.





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Why This Course Will Benefit Families:

Confidence is foundational for a child's development and well-being. By engaging with this course, families can:

- **Support Children's Growth:** Equip children with tools to navigate challenges, reducing the risk of anxiety and depression.
- **Enhance Communication:** Foster open dialogues about self-worth and personal development.
- **Build Resilience:** Create a family culture that values perseverance and courage.

By embracing the Five C's framework, families can work together to build a supportive environment that nurtures confidence and prepares children for future success. Join Dale Hancock in "The Five C's for Building Confidence" to empower yourself and your family with the skills to thrive in all areas of life.

