

The Five C's for Building Confidence with Dale Hancock

COURSE

Explore the five pillars of confidence, Character, Courage, Commitment, Connection, and Competence, to help yourself and your students thrive personally and professionally.



About This Course

Confidence is a skill, and it can be taught, practised, and strengthened. In this empowering and interactive session, Dale Hancock, international confidence coach and best-selling author, shares his proven *Five C's Framework* for developing lasting confidence in young people and adults alike.

Through practical tools, reflective exercises, and real-life stories, participants will learn how to apply the Five C's, Character, Courage, Commitment, Connection, and Competence, to foster self-belief, resilience, and motivation in themselves and their students.



Learning Objectives

By the end of this course, educators will be able to:

Build Character:

Help students identify their strengths, values, and authentic selves.

Foster Courage:

Encourage risk-taking, growth, and stepping outside comfort zones.

Model Commitment:

Develop perseverance and consistency in achieving goals.

Enhance Connection:

Strengthen relationships through empathy, communication, and collaboration.

Develop Competence:

Build skills and confidence through mastery and progress, not perfection.





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Why This Matters for Educators

Confidence underpins every aspect of learning, from participation in class to long-term life success. This course helps educators:

- **Empower Students** – Equip young people with mindset tools to overcome self-doubt and anxiety.
- **Model Self-Confidence** – Lead by example through courage, consistency, and authenticity.
- **Foster Growth Mindset** – Shift focus from outcomes to effort, learning, and self-belief.
- **Build Positive Culture** – Create classrooms that celebrate bravery, vulnerability, and progress.

About the Presenter

Dale Hancock is an international confidence coach, speaker, and educator dedicated to helping students unlock their potential. With over a decade of teaching experience in science, physical education, and business studies, Dale has inspired thousands through his engaging workshops and keynote talks.

He is the author of the #1 international best-seller *Raw Confidence*, which empowers children and teens to take charge of their mental health and self-esteem. Having overcome personal challenges, from debt to grief and mental health struggles, Dale's message is one of authenticity, courage, and resilience. His work has been recognised globally, including an address to the UK Parliament on mental health and low self-esteem in schools.

Perfect For

Educators, parents, and well-being leaders who want to:

- Help students build lasting self-belief and confidence.
- Embed the *Five C's Framework* into school well-being programs.
- Strengthen communication, courage, and resilience across all areas of learning and life.

