



Soft skills: Self confidence

Activity title	What is self-confidence?
Duration	30 min
Learning objectives	<p>Bring the participants to focus on the concept of self-confidence.</p> <p>Understand terminology and reflect on their own status of self-confidence.</p>
Materials needed	The handout cards, scissors, different A4 colour paper (1 colour for each small group), envelopes (the same number of the colours), tables (depending on the room setting, the activity can also be organized on the floor).
Preparation	Print and cut the handout statements. Mix them and put one colour in each envelope. Soft music to facilitate reflection.
Implementation	<p>Divide the participants in small groups of maximum 4 people. Provide each group with one of the envelopes (you can identify them with numbers or colours to better individuate the groups).</p> <p>Ask the participants to look at the statements and to identify “common confident behaviour” and “behaviour associated with low self-confidence”.</p> <p>You can give them a new A4 sheet and ask them to align them in 2 columns or just to group them. Variations are possible according to how much relevance you want to give to the statements and according to the group. Give them 10 min to complete the task.</p>



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Implementation

Once they are done, invite one of the groups to present the result of the work and ask the others if they agree on the ranking.

Brainstorming with the whole group on the behaviours focusing on why one could possess self-confident behaviour or why not. Stress on the different words used: indeed removing/adding some word the behaviour could be confident or not.

To close the activity, you can invite each participant to do an individual reflection: which thoughts or actions do you recognize in yourself and people around you?

It is an individual exercise aimed at self-reflection. Give them 10 min. You can ask if anyone wants to share but don't force them to do it.