



CONFIDENCE IS COOL

Etiquette for Youth ages 10-15

INSTRUCTOR GUIDE



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CONFIDENCE CAMP AGENDA

DAY 1- ATTAINING OPTIMAL CONFIDENCE

As young people make their way in the world they will require advanced social skills. Knowing what confidence is and how to get it, gives young people the boost they need to contribute positively and feel good about themselves.

Attendees will learn:

- What confidence is
- The steps to gaining confidence (6 steps)
- Setting goals - strategies
- Problem solving skills
- How to assert themselves appropriately
- Techniques for overcoming shyness

DAY 2- WHAT DOES CONFIDENCE LOOK LIKE?

First impressions are very important and helping young people feel good about who they are boosts their confidence. This etiquette module teaches young people how to accentuate the positive and fine-tune their deportment skills.

Attendees will learn:

- What confidence looks like
- The language of confidence - verbal and nonverbal
- Courteous communication skills
- Basic social IQ- respected and expected behaviors
- Dress and decorum tips
- Practicing good posture and walking with confidence

DAY 3- SITUATIONAL CONFIDENCE

In this module, students will learn what are respected and expected behaviors in any social situation. By boosting their Social IQ, young people will be better equipped to handle any situation more confidently.

Attendees will learn:

- Special events etiquette
- Invitations and RSVP's
- Thank you cards
- Correspondence
- Situational Etiquette
- Giving and Receiving Gifts
- School Etiquette