

# **7 Ways to Empower Your Students to Lead More Confidently by Owning Their Authenticity.**

## **Overview**

In this workshop, you'll learn how to help your students lead themselves and others with more confidence by owning their authenticity! You'll discover 7 simple practices you can teach your students to tap into their unique strengths and skills; love themselves; and be proud of their originality. You'll walk away with tools that'll help them overcome imposter syndrome, comparison and a lack of motivation – and be inspired to up-level their leadership and confidently impact their school and community.

## **Foundational Principles & Concepts**

- Before you lead others confidently, you have to own your authenticity and lead yourself confidently. It all starts within.
- Self-confidence is built by accepting and trusting your abilities, traits, passions and authenticity.
- Self-acceptance and self-trust are built through curiosity, self-awareness and self-understanding. You have to learn who you are before you can trust yourself and step into your true confidence.
- Too often, we use external criteria as a means to judge our confidence and self-worth, like achievements, appearance, relationships, social status, social media, opinions and career. External factors aren't accurate measures of our confidence because they are constantly changing.

# Practices to Help Your Students Embrace Their Authenticity.

## Practice 1



## Practice 2

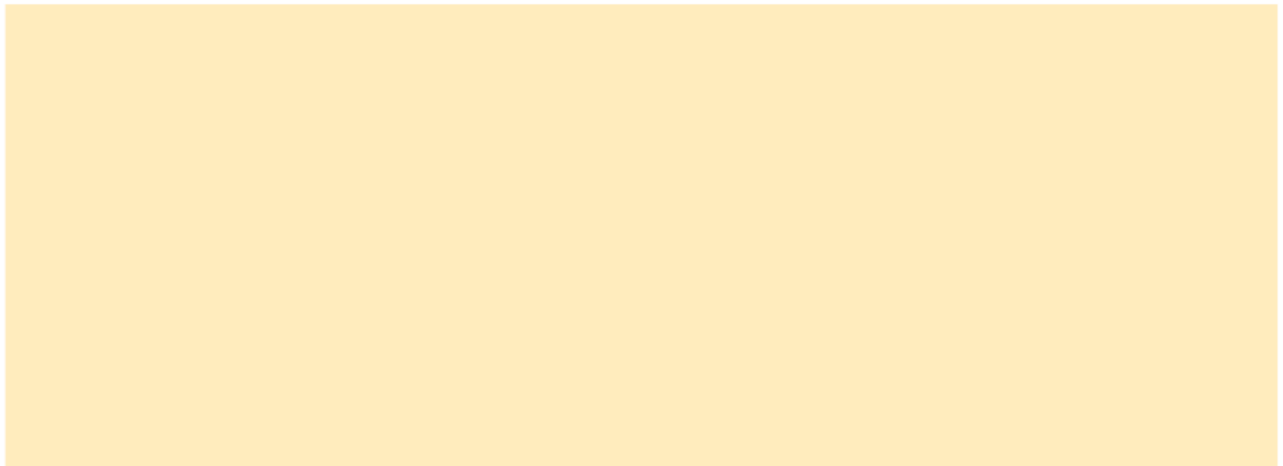


## **Practices to Help Your Students Embrace Their Authenticity.**

### **Practice 3**



### **Practice 4**



## **Practices to Help Your Students Embrace Their Authenticity.**

### **Practice 5**



### **Practice 6**

