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