



SELF-CONFIDENCE PACKAGE

BENEFITS

ENHANCED RELATIONSHIP WITH FAMILY AND FRIENDS

BETTER GRADES

POSITIVE VISION

GREAT LEADERSHIP SKILLS

EXTREME HAPPINESS



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5D Kids' Ventures is based on a proven program called Adventures in Wisdom Curriculum. It's also our inspiration to have broad insights to give full effective experience.

We mapped out a 7-session package that will help Amy develop powerful self-confidence.

What Amy will learn in every session:

Lesson 1 – What is Self-Confidence (Skill Book 14)

- Self-Confidence is a skill that can be developed. I will read the story Canville and Can'tville a Tale of Two Towns! It will help Amy understand the power and the impact of an "I can" belief system.
- **Assignment:** "Let's Talk Activity" and Discussion about you.

Lesson 2 – How Your Mind Shapes Your World (Skill Book 1)

- Review key lessons from Lesson 1.
 - What kids accomplish in life is shaped by what kids believe about themselves - both on the conscious level and on the subconscious level. When kids learn how to uncover negative beliefs and then shift them to supportive beliefs they become empowered to handle disappointments without giving up on themselves. I will read the story Who's Flying Your Plane and help Amy understand how her mind shapes her world and what she can do to shape her mind.
 - **Assignment:** "Let's Talk Activity" and Discussion about you.
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Lesson 3 – Power of Possibility (Skill Book 2)

- Review key lessons from Lesson 2.
- Belief systems shape what kids see as possible for their lives. Kids who don't believe in themselves or who don't think their dreams are possible will live in excuses and develop an "I can't attitude". Learning how to develop a belief system based on possibilities will help kids bust outside of their comfort zone, create courage, and go for it in life - even when there is no evidence that they will be successful. I will share the story "Power of Possibility" and help Amy learn that she can achieve what she believes!
- **Assignment:** "Let's Talk Activity" and Discussion about you.

Lesson 4 – Neural Pathways (Skill book 3) and Managing Fear (Skill Book 24)

- Review key lessons from Lesson 3.
 - Learning how to move through anxiety and fear helps kids learn how to believe in themselves when facing something new. First I will read the story, Pathway to Success to help Amy understand that anxiety is a natural response to doing something new because her brain hasn't developed neural pathways about the new experience. Second, I will read the story Slaying Dragons to help Amy learn three common thought patterns that create fear and a five-step process for moving through that fear and creating courage.
 - **Assignment:** "Let's Talk Activity" and Discussion about you.
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Lesson 5 – Conditional Thinking (Skill Book 15)

- Review key lessons from Lesson 4.
- I will read the Story If Then Ben (Part 1) and help Amy learn how conditional thinking can kill her confidence. Then I will talk with her about what she learned in Power of Possibility to turn conditional thinking into “How can I?”
- **Assignment:** "Let's Talk Activity" and Discussion about you.

Lesson 6 – Self-Talk (Skill Book 15)

- Review key lessons from Lesson 5.
 - Children's thoughts about themselves create the way they experience themselves and their world. Every time they think about themselves – either in the positive or in the negative – neural pathways are created which establish their beliefs about themselves. Help kids understand that what they say to themselves is more important than what anyone else says to them. They can use the power of positive self-talk to create positive beliefs about themselves and to create strong self-confidence. I will read the story Choosing Your BFF (Best Friend Forever) to help Amy understand about the power of positive self-talk and how it will shape her life.
 - **Assignment:** "Let's Talk Activity" and Discussion about you.
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Lesson 7 – Power Shifting (Skill Book 5)

- Review key lessons from Lesson 6.
- When things don't go their way, kids often get down on themselves which devastates self-confidence. A powerful skill for kids to learn is how to separate their results from "who they are". We call this power shifting (often referred to as reframing). I will read the story Power Goggles and help Amy understand how to handle the ups and downs of growing up without getting down on themselves.
- **Assignment:** "Let's Talk Activity" and Discussion about you.

It will be my pleasure to be able to help Amy taking off in life and be the leader of her happiness! Wishing her the best of luck in painting her life with harmony.

In a package, there are 5-7 sessions. There are 60 minutes in every session. It is designed with a process of 50 minutes with one-on-one time with Amy and during our alone time, we are going to work on a specific skill by exploring stories, exchanging ideas, and experiences to analyze the problems to resolve it and apply the solution and advises in his everyday life. We want him to feel heard and supported in his development. Letting them voice out their feelings helps them build confidence within them.

She will have a workbook she can use to record her key learning and her Aha moments. Also, for most sessions, I like to organize a fun art project activity that helps her experience what she is learning and during the last 10 minutes, we'll bring you in and she can explain and illustrate what she is learning to you.

If we have an art project, she will share that with you as well. This is a very important connection time with you for her to showcase the skills you are not aware of. She has an opportunity to show what she is learning which reinforces the lesson. It also helps you understand what she learned and how she will apply it to her life.

And then, we'll give you a take-home sheet for you to engage with her. It's a one-page overview that's designed to support and continue the conversation at home. It will start developing a common language in your family to empower each other and to build a stronger bond with them.

Then, at the start of the next session, we will do an activity called Wise in "5" and this is just a 5-minute review designed to reinforce the preview session. After all, we want her to learn the skills and tools she can use for the rest of his life.

Whether or not kids believe in themselves they will come to shape who they are and what they create in their lives. Exploration will teach them a lot of things because experiences are the best teacher for everyone. Powerful self-confidence isn't something kids either have or don't have. Believing in themselves, even after they've experienced a disappointment, is a skill that they can develop in the long run and it will serve them as life lessons."

Kids often feel they have to feel confident before they do something new; however, exactly the opposite is true. The fear doesn't go away and the confidence doesn't come until after they take action.

The good news is that they can learn how to believe in themselves, even when there is no evidence that they will be successful!
