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What is confidence?

- trust or strong belief in something.
- the feeling that you are sure about your own abilities, opinion, etc.

Why is it important to be a confident person?

- Confidence can make you **healthier**
- Confidence helps with **decision-making**
- Confidence makes you a **better communicator**
- Confidence earns you **respect**
- Confidence **motivates** you



How to help child boost his confidence

- Model confidence yourself
- Don’t get upset about mistakes
- Encourage them to try new things
- Praise perseverance
- Set goals
- Celebrate effort
- Show your love





THANK YOU