

CONFIDENCE CLUB

Three 45 minute - 1 hour sessions

The **Confidence Club** was created for Beautiful Me graduates who want more! It has since expanded to include EVERYONE regardless of gender or familiarity with Beautiful Me. Confidence Club activities extend our critical self-esteem building lessons. Club members delve deeper into their own development and relationship building skills.



Session 1: The confidence to love yourself

Club members will discover the importance of self-love, self-acceptance, and defining guidelines for themselves.



Session 2: The confidence to be a true friend & ally

Participants will discuss the importance of friendship and the qualities of being a good friend. They will also work on setting goals and discuss plans for how to achieve them.



Session 3: The confidence to change the world for the better

Members will discuss the importance of finding and being the helpers in the world. They will discuss having the confidence to trust what you believe in to make the world a better place.

