



INEX MESSENGER WORKSHOP 2020

# SELF- CONFIDENCE

LÉA SAVANPHOM





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Workshop  
**CREATION**



*INEX Messenger workshop is in line with study parts of the non-profit organization Inex Slovakia. As European Solidarity Corps volunteer, I had the chance to create my own workshop and present it to different groups of people.*

# **BELIEVE IN YOURSELF IS YOUR MOST WONDERFUL SUPER POWER.**

These two years, thanks to volunteering projects, I had the chance to attend at different self-development training and workshops. Being more and more interested, I discovered non-formal education and learnt various methods to broach a subject.

To me, this Inex Messenger workshop was the perfect opportunity to encourage self-development to other people. I decided to narrow the topic to self-confidence.

The workshop was based on three main guidelines :

**Self-motivation**

**Self-empowerement**

**Self-esteem**



## CONTEXT





## REQUIREMENTS

Duration of 45 min

English language

Theoretical & practical parts

Suitable for a young audience

Adapted to a virtual presentation and an in-person presentation

## AIM

Be aware that they have power to lead their own dreams

## OBJECTIVES

Be aware that our daily life is influenced by the perception of ourselves

Be aware of the advantages and disadvantages of the comfort zone

Take conscious of the importance of self-esteem and self-care

Discover some tools to gain more self-confidence



The workshop mixed theoretical part, interactive part and call to action. The idea was not only to have theory but also to give the possibility of thinking and sharing together.

Using a funnel approach, three parts divided the presentation :

1. The awareness
2. The intention of change
3. The move to action



# SELF CONFIDENCE

Léa Savanphom



Behind  
THE SCENE

"The goal is not to  
be better than the  
other man  
but your previous self"  
Dalai Lama



TOPICS	GOALS
<b>Introduction</b> Self-confidence definition	▶ Get everyone on the same level of knowledge
Story telling about my own experience	▶ Give them the possibility to identify themselves with
<b>1. The awareness</b> Post-it of "Fears"	▶ Highlight that everyone has fears + Reassure
Comparison between elephant and fears	▶ Show the effect of overview our fears
Comfort zone illustration	▶ Get everyone on the same level of knowledge
Board of "Advantages & Disadvantages of the comfort zone"	▶ Brainstorming + Introspection
Jumping game & Self-talk	▶ Stimulate memory through physical activity + Reflect their perception of themselves
<b>2. The intention of change</b> Example of the baby who learns how to walk	▶ Accepting failures + Experiences reduce fears
Glass half empty/full & Music	▶ Daily life is influenced by our perception
<b>3. The move into action</b> Positive self-talk	▶ Impact of the positive thinking
Comparison between balloon and strengths	▶ Encourage them to find their own strengths & Develop them
Comfort zone to growth zone illustration	▶ Reassure + Be aware of the steps existing in the learning process + ▶ Encourage them to develop their dreams
Challenges & Inspirations	▶ Encourage them to take action



## SELF CONFIDENCE

### Definition

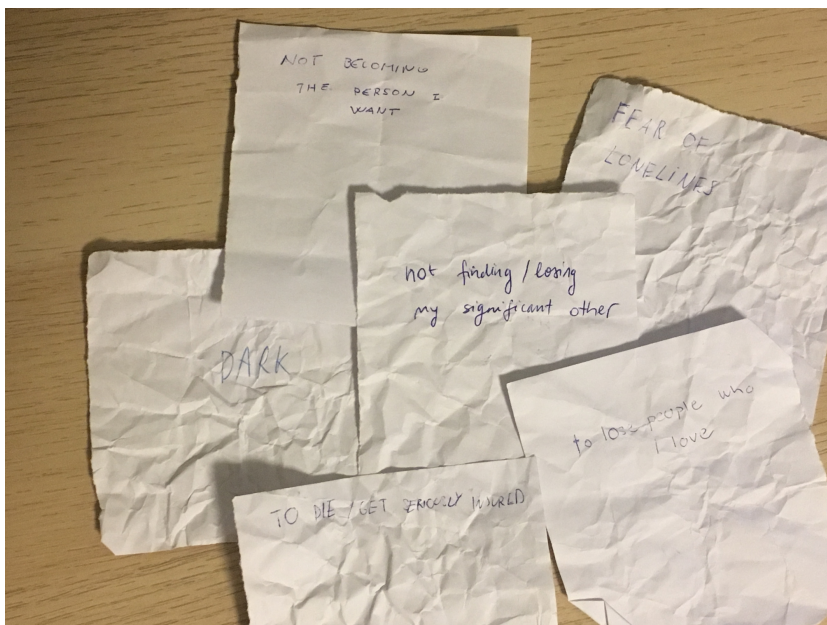
Confidence is a **feeling of trust** in someone or something

To be self-confident is to have confidence in yourself



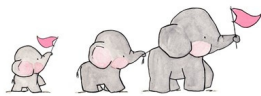
Story telling about my own experience

I will tell you a story and maybe you will recognize yourself a little bit. When I was younger I was afraid to speak to people. Yes that sounds crazy but it's true. I never talked the first. It was always waiting for someone coming to speak to me. Well I was really shy. I remember that at school,...



Post-it of "Fears"

## A FEAR IS LIKE AN ELEPHANT



It is big  
It takes a lot of space  
It blocks us to see beyond



Let the participants picture a concept thanks to a comparison (elephant/fears, nest/comfort zone, baby walking/failure acceptance, glass of water/perception, balloon/strengths)

Board of "Advantages & Disadvantages of the comfort zone"



## JUMPING GAME

Goal : Jump on one leg as much as you can in 30 seconds

B  
E  
F  
O  
R  
E

1

Imagine the number of jumps you think you can do in 30 seconds

2

Share the number in the chat & wait till everybody is ready



Jumping Game rules





Self-talk

From the Comfort Zone to the Growth Zone



## CHALLENGES

Challenges & Inspirations



Make a list of 10 strength and qualities you have



Create a folder in the computer with 20 songs that make you happy



Create a notebook « The little challenge of the month »

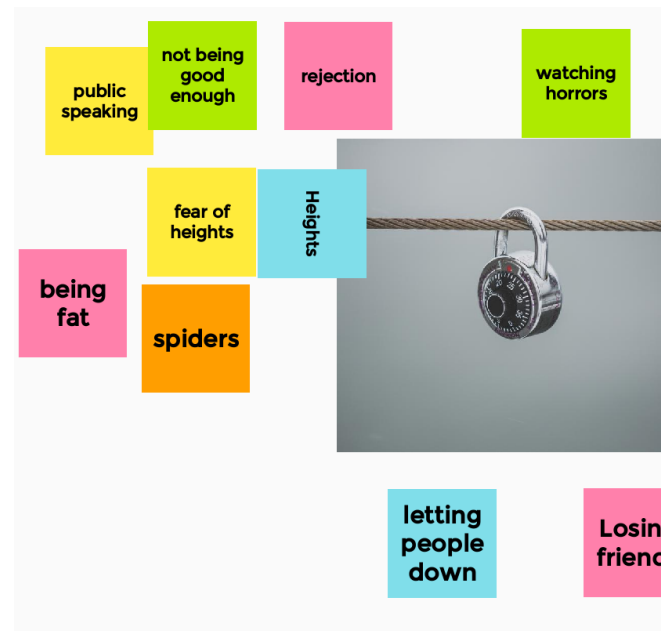
## POST-IT OF FEARS

In-person presentation :

The participants write one of their fears on a paper. They make a ball out of it and throw it at the opposite side of the audience. Then everyone picks a paper and read it aloud.

Online presentation :

Through an online dashboard, the participants write post-it notes of their fears. Everyone can participate freely and see the post-it from others participants.



Thanks to anonymous participation, the participants can freely express their fears without being afraid of judgement. Then the sharing part helps to reflect that we are not so different from each other. It highlights that it is normal to have fears. Writing down and sharing with other people are the first steps to acknowledge and accept this side of ourselves.

# INTERACTIVE

Parts



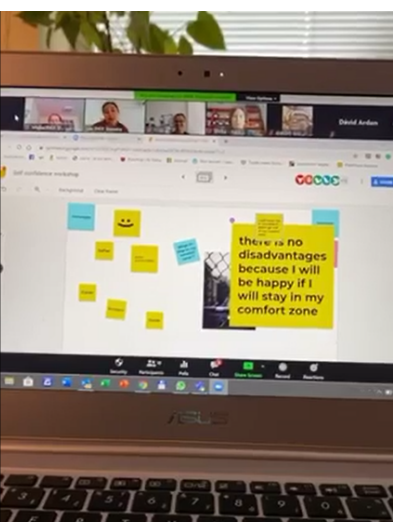
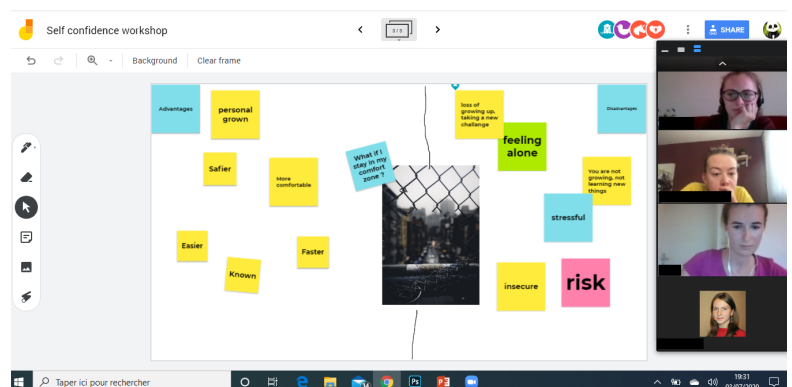
# BOARD OF DIS/ADVANTAGES

In-person presentation :

On a flipchart, the paper is split in two parts “Advantages” versus “Disadvantages” about staying in our comfort zone. The participants are invited to write on post-it notes their points of view, what they could gain or miss if they stay in their comfort zone.

Online presentation :

On an online dashboard, participants share on post-it notes the advantages and disadvantages about staying in their comfort zone.



From their experiences, the participants highlight the benefits they could gain or prices they could pay. They could also identify themselves with the experiences from the other participants. It is more powerful because it is the mirror of their own ideas.

# JUMPING GAME

Goal : Jump on one leg as much as possible for 30 seconds

Before starting, the participants should guess in advance how many jumps they are able to do. Everyone shares his/her number of jumps expected. Then, people are invited to stand up and start all at the same time. Everyone share the number of jump made in 30 seconds. At the end, there is an explanation about the perception of ourselves, the self-talk and the self-confidence. Sometimes there is a gap between our expectations, the image of ourselves and the facts from our real achievements.

Thanks to a group game, the participants could experience all together.

The idea is that they could reflect their perception of themselves through a physical activity.



This workshop was done for different groups of people in virtual and in-person contexts.

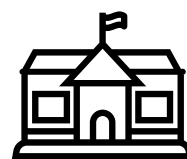


Trial with the Inex colleagues (5 people) -Virtual-

It was the first time to put into practice my work. I had the chance to try the technical part and be sure that everything works well. My colleagues were supportive and gave me some suggestions of improvement.

Four groups from schools (10-15 students/group) -Virtual-

I was pleasantly surprised that they understood and appreciated a presentation in English. They were active during the interactive parts, played the game and follow the workshop till the end.



Democamp (5 people) -Virtual-

Inex Slovakia organizes training for workcamp leaders in which Inex messenger is presented. One trainer and four participants attended to the workshop. They all appreciated the presentation and the different tools (personal examples, jumping game, jamboard)



Black Castle Workcamp (6 people) -In-person-

I practiced the in-person presentation for the first time. I adapted the tools to have face-to-face interactions. The participants were the volunteers from the volunteering workcamp I led this summer. They also appreciated the workshop, even some of them shared advice how to find inspiration.



# PRACTICAL

## Application





*"It was truly good and it caught my interest, my will to share and think about it again. Actually, there were many ideas I know, but it was nice to remember them again and empower them. I felt pleased and happy, being a participant in this workshop. Surely, I still have a way to build my confidence up more in certain situations and this was expedient time to serve it"*

## POTENTIAL IMPROVEMENTS



Create an atmosphere where the participants will feel freer to share their own stories. To gain the confidence of the participants, I need to make them feel safe. Facing the fear of judgement and shyness are the two big challenges, without them, the participants would not share their true experiences. Beside of that, the downward communication is more common than horizontal communication. In general, people expect to listen but to be proactive. I may say at the beginning of the presentation that they will be proactive and they will participate actively through different activities. I may shorter some parts to let more time for sharing experiences. I think that it is interesting for the group to listen different feedbacks and brainstorm together.

## LAST WORD

I would like to thanks all the people who attend to my workshop.

Presenting this workshop was part of my learning process. It helped me in various aspects : communicational competences, socio-psychological knowledge, English language, self-refection, cultural awareness and non-formal education methods. This workshop was not only about teaching other people but also learning from other people.



Workshop  
EXPERIENCE

The INEX Messenger workshop “Self-confidence” was part of my European Solidarity Corps Project “Make a difference”, supported by the following organizations:

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