

The Confidence Project

6 WEEK TEEN EMPOWERMENT PROGRAM

Unlock Your Teen's Inner Confidence

A transformative 6-week journey designed to help teens build self-esteem, develop positive self-talk, and gain tools to feel empowered, grounded, and authentic in their everyday lives.

THURSDAY EVENINGS, 6:30-8:30 PM
MAY 8 - JUNE 12, 2025
EDMONTON - WHYTE AVE

week one

INTRODUCTORY LESSON

CONNECT AS A GROUP, CREATE GROUP AGREEMENTS
DISCUSS THE IMPORTANCE OF SELF-ESTEEM
SELF-EVALUATION OF YOUR CURRENT SELF-TALK
SET A PERSONAL INTENTION
(WHAT WOULD MEANINGFUL GROWTH LOOK LIKE FOR YOU?)
EXPLORE CONFIDENCE-BUILDING & SELF-APPRECIATION PRACTICES

week two

REPLACING NEGATIVE SELF-TALK PATTERNS

UNDERSTAND HOW YOUR INNER DIALOGUE SHAPES YOUR CONFIDENCE
IDENTIFY PERSONAL NEGATIVE THOUGHT PATTERNS GETTING IN YOUR WAY
TOOLKIT ACTIVITY: CREATE YOUR OWN AFFIRMATION CARDS
(USE PHRASES DESIGNED TO SHIFT CURRENT SELF-TALK PATTERNS
IN A MORE EMPOWERING, UPLIFTING DIRECTION)

week three

CLAIMING YOUR GIFTS & STRENGTHS

IDENTIFY YOUR STRENGTHS, GIFTS, TALENTS, AND PAST WINS

TOOLKIT ACTIVITY: BUILD A 'CONFIDENCE JAR' TO TAKE HOME

(SUPPORTIVE IN BUILDING A POSITIVE, CONFIDENT MINDSET

IN MOMENTS OF DOUBT AND INSECURITY)

LEARN HOW TO SHIFT FROM COMPARISON/ENVY TO CELEBRATION/INSPIRATION

EXPLORE WHAT CONFIDENCE VS INSECURITY FEEL LIKE IN YOUR BODY

week four

FINDING YOUR TRUE NORTH

TOOLKIT ACTIVITY: BUILD A PERSONAL COMPASS BASED ON YOUR VALUES

(STRENGTHENS YOUR AUTHENTIC IDENTITY)

EXERCISE: FINDING YOUR INNER "YES" AND "NO"

EMBODIMENT EXERCISES

PRACTICE SMALL ACTS OF AUTHENTICITY TO BUILD SELF TRUST

week five

NAVIGATING ADVERSITY & YOUR SUPPORT SYSTEM

DISCUSS WHAT REAL SUPPORT LOOKS LIKE (& DOESN'T LOOK LIKE)

TOOLKIT ACTIVITY: CREATE A 'SUPPORT TREE'

(IDENTIFY THE RELATIONSHIPS & ACTIVITIES THAT UPLIFT YOU)

HIGHLIGHT WHICH QUALITIES YOU SEEK IN RELATIONSHIPS

LEARN MINDSET TOOLS FOR REMAINING GROUNDED WHEN CHALLENGES ARISE

week six

INTEGRATION & REFLECTION

REFLECT ON AND CELEBRATE YOUR GROWTH OVER THE PAST 6 WEEKS

EXPLORE WAYS TO INTEGRATE THE TOOLS AND INSIGHTS GAINED

SET MEANINGFUL, PERSONAL INTENTIONS AND CLARIFY YOUR NEXT STEPS