

CONFIDENCE & SELF-ESTEEM STRATEGIES

TIPS TO HELP YOUNG PEOPLE IN SCHOOL

Negative Automatic Thoughts (NATs)

Question their evidence for any NATs, is it a **FACT** or your **OPINION**?

Reframe NATs E.G. 'I can't do this' to 'It's OK, I am still learning.'

Encourage Positive Self-Talk

Safety Behaviours

Avoidance and reassurance seeking are examples of common safety behaviours.

Alternative Strategies:

Encourage young people to try activities outside of their comfort zone, starting with something small and reinforce NAT strategies if they seek reassurance from adults.

Reinforce Positive Beliefs

We cannot please everyone all the time
it is okay to be different.
We do not know what people are thinking.
Perfection does not exist.

Wellbeing Toolkit

Encourage **YOUNG PEOPLE** to use **THEIR** wellbeing toolkit completed within the workshop.
REMAND them to keep it in a safe place where they are more likely to use it.
For example having a photo of it on their phone or keeping it in their bedroom.

Confidence & Self-Esteem Summer Workshops

Build confidence, boost self-esteem, and develop new skills in a fun and supportive environment.

Group 1 : Mondays: 20 July, 27 July & 3 August
Time: 11:00am - 12:00pm

Group 2 : Mondays: 10 August, 17 August & 24 August
Time: 11:00am - 12:00pm



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