MODULE 4 – CONFLICT SOLVING

**MENTAL RESILIENCE AND ITS INFLUENCE ON THE ONGOING CONFLICT**

**M4.WS7 - Coaching to strengthen self-confidence**

**Activity -** *How confident are you? Ask yourself these questions. Take your time and be honest to yourself*

* *Do I trust myself and my abilities?*
* *Do I know my own value and importance?*
* *Do I have a positive attitude towards my body?*
* *Can I say no? How difficult is it?*

**Activity -** *WHAT ARE YOUR STRENGTHS? Think about what you have accomplished in life. Choose 3 facts you are most proud of. Share them with your group members*

**Activity -** What can boost our self-confidence? (group discussion)

![Ein Bild, das Text enthält.

Automatisch generierte Beschreibung]()