

The Confidence Code

Where Confidence Meets Emotional Intelligence



Many teen girls encounter challenges such as low self-esteem, academic or social pressure, stress, difficulty navigating friendships, uncertainty about their identity, and struggles with setting boundaries.

The approach I offer directly addresses these issues: by developing self-confidence and setting meaningful goals, girls can tackle feelings of inadequacy and gain a sense of direction.

Cultivating emotional awareness and learning to manage stress helps them cope with anxiety and overwhelming emotions. While assertive and empathic communication skills empower them to advocate for themselves in difficult situations, whether with peers or adults.

Building resilience and a growth mindset enables them to persevere through setbacks and view mistakes as opportunities for learning.

Strengthening peer relationships and discovering their values helps them make healthier friendship choices and develop a strong sense of self.

Creative self-expression provides an outlet for emotions, and learning to set healthy boundaries protects them from negative influences.

Together, these skills give teen girls the practical tools and inner resources to navigate the real-life problems they face every day.



About the Programme

Designed specifically for **teen girls aged 14 to 16**, The Confidence Code explores the essential intersection between confidence and emotional intelligence. Each workshop is interactive, empowering, and rooted in real-world skills to support young women as they navigate adolescence and create the foundations of whom they will become.



Workshop Selection Guide

	Workshop Title	Focus Area	Duration
	Unlocking Self Belief	Self-confidence & Goals	1.5 hours
	Emotional Intelligence Essentials	Emotional Awareness & Stress Management	2 hours
	Communication with Courage and Empathy	Assertive Communication	1.5 hours
	Resilience in Action	Resilience & Growth Mindset	1 hour
	Friendship & Social Confidence	Peer Relationships	1 hours
	Building a Values-Based Self-Identity	Discovering Values	1.5 hours
	Confidence Through Creativity	Creative Self-Expression	1 hour
	Exploring Consent	Healthy Boundaries	2 hours



1. Unlocking Self-Belief

Tools and exercises to develop genuine self-confidence, explore the differences between confidence and self-esteem, challenge negative self-talk, and set achievable personal goals.

Duration: 1.5 hours



2. Emotional Intelligence Essentials

Understanding emotions, managing stress, and fostering emotional awareness in daily life.

Duration: 2 hours



3. Communication with Courage and Empathy

Develop the confidence to speak up authentically, listen with understanding, and engage in conversations that are both assertive and compassionate. Through practical exercises, participants learn to express themselves clearly, honour their values, and respond to others with empathy - even in challenging situations.

Duration: 1.5 hours



4. Resilience in Action

Strategies to overcome setbacks, embrace challenges, and develop a growth mindset.

Duration: 1 hour





5. Friendships & Social Confidence

Navigating social dynamics, resolving conflict, and fostering healthy peer relationships.

Duration: 1 hour



6. Building a Values-Based Self-Identity

Explore personal values and beliefs, and learn how these shape identity, choices, and direction. Activities and guided reflection help participants articulate what matters most to them and how to live authentically aligned with their values.

Duration: 1.5 hours



7. Confidence Through Creativity

Creative activities promoting self-expression, collaboration, and self-discovery.

Duration: 1 hour



8. Exploring Consent

An interactive exploration of consent in all aspects of life—beyond just sexual consent. This session delves into understanding what it means to give and receive consent, being aware of one's boundaries, and recognising the importance of informed agreement in friendships, teamwork, and everyday situations. Activities and discussions help participants develop skills to communicate clearly, respect others' choices, and make empowered decisions about what they agree to.

Duration: 2 hours



How to Book

- Schools and organisations may select individual workshops or bundle multiple sessions for a bespoke programme.
- All sessions are facilitated by myself; an experienced trauma informed coach with enhanced safeguarding training. Fully insured and enhanced DBS checked.
- These workshops are only delivered in person, but they can be adapted for online learning
- For further information or to reserve your preferred dates, please contact me directly

Cultivating Tomorrow's Female Leaders

Empower them, inspire them and give them the emotional tools and confidence they need to thrive—in school and beyond.

Book free Discovery Call

