



RUN SHEET: 60 MINUTE SESSION

SELF CONFIDENCE WORKSHOP

The power of self-talk, exercise and healthy eating.

7.30pm Intro & Hello

Warm welcome and introduction to the friendly workshop facilitators with a quick run through of everything you will be learning, doing and walking away with this evening.

7.40pm Positive Self-talk

Clinical Psychologist, Nat, will show you how good self-esteem starts with your thoughts. Learn how to change the way you speak to yourself and think in a more positive mind frame. Nat will also take you through some really helpful activities which you can implement into your daily routine to feel more confident from the inside out.

7.55pm Exercise Routine

Exercise Physiologist, Adam will show you how the hormones released after exercise can instantly make you feel more confident. Adam will take you through a quick workout that will boost your mood and build your confidence. The benefits you'll see after these exercises will make you want to exercise more regularly.

8.10pm Healthy Post-workout Recipe

Dietitian, Danni, will show you what foods are best for your mood and confidence. She will help you understand that your most confident self will be when you're eating healthy and still enjoying the foods you love. Danni will also take you through a nourishing and delicious post-workout recipe to help fuel your body and mind so you feel confident from the inside out.

8.25pm Q&A

Ask our facilitators any questions that may have come up for you throughout the session. They are here to help you!

End of session

You will be emailed a **Self-confidence Tool-kit** after the workshop that will contain the positive self talk activities, the workout and recipe from tonight's session.

[Book Here](#)

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