

Work Worth Doing: Finding Your Confidence

(Adapted program, full program can be found in the Inspire manual)

This program is intended for group facilitation. We recommend you use a platform where everyone can be seen—Zoom is a great and free option. There may be others out there too, so use what you feel most confident in facilitating from.

The key below will help you understand the different text styles:

Content (this is what should be shared with the group. You can read it straight from here or put it into your own words)

Questions for participation (if the text is highlighted, then these are questions you should ask to your Sisters)

Notes for facilitator (if the text is in italics, then those are notes for you as the facilitator. This text should not be read aloud to participants)

Hello Sisters, today we're going to talk about building confidence in each other, and in ourselves! Before we dive into this conversation, it is important to acknowledge that this topic isn't easy for everyone to talk about. Some of us might feel very confident in most places of our lives, while others might not. We are not here to judge our Sisters or ourselves, but to have some empowering conversations about how we can increase our confidence. Let's be sensitive to one another's experiences, and also recognize that regardless of how confident you feel right at this very moment, everyone can work to feel more confident in their lives!

WHAT IS CONFIDENCE?

Let's start by thinking about that word: confident.

What does this word mean to you?

What other words come to your mind when you hear the word 'confident'? *If you are using Zoom or another platform that features a chat box, have Sisters enter their answers to this in the chat box and shout them out!*

Thanks ladies! Now let's work on finding it, building it up and reinforcing it!

RAISE YOUR HAND

Simply talking about confidence can be difficult, especially for those of us who maybe aren't comfortable talking in a room full of people. But everyone's voice in this conversation is important. This activity will help us hear from everyone.

I'm going to read a series of statements, mostly about feelings and experiences we may have had. If that statement applies to you now, or has ever applied to you, please raise your hand. I may occasionally ask those of you who raised your hand to share about why you did so. If you feel comfortable, we'd love to hear you. If not, that's okay, too! *Use your discretion in determining asking those who have raised their hand to share.*

A few ground rules:

- This is a challenge-by-choice activity. No one will be policing your choices to raise your hand, or to not. We hope you'll feel comfortable being honest and vulnerable with your Sisters, but know that it's always your choice.
- Some of the things our Sisters might share in this activity have the potential to be sensitive and emotional for them. Let's be respectful of everyone's experience and give everyone our attention.
- What is shared in this space needs to stay in this space. Can we respect the bravery and privacy of one another, and make that commitment?

Ask Sisters to nod or verbally agree to this. Ask if there are any other rules or questions before we get started.

Read each prompt on the list below. Allow for a few seconds for Sisters to raise their hands. At least five times during the activity, ask if anyone who raised their hand wants to share why they did so, but never force anyone to share in this activity. You'll set the tone for your Sisters, so be sure to be serious, cautious and kind while you facilitate this!

Please raise your hand if:

- You have ever felt like you were going to do well on a test.
- You have ever felt like you were not going to do well on a test.
- Your friends have made you feel good about yourself.
- You've felt confident and comfortable with your Alpha Xi Delta Sisters.
- You've felt uncomfortable or less than confident with your Alpha Xi Delta Sisters.
- You have felt like you didn't belong.
- You have ever had a really great idea.
- You didn't share an idea you had, because you were afraid it was dumb.
- You have felt like you're not good enough.
- You have been broken up with.
- You have felt like you weren't good enough for the person who broke up with you.
- You have felt pretty.
- You have felt ugly.
- You have felt fat.
- You bombed a test.
- You have cheated on a test.
- You lead a group project to success.
- You didn't speak up and the group project failed.
- You've felt depressed.
- You decided not to go out because you didn't want to see your ex.
- You didn't apply because you didn't think you'd get it.
- Someone made a comment that made you feel small.
- You felt uncomfortable in a sexual situation.
- You have felt powerful in a sexual situation.
- You feel popular.
- You feel unpopular.
- You wonder if anyone cares about you.
- You have felt sexy.
- You have felt confident.
- You have felt worthy of love.

Thank your Sisters for participating.

GROUP DISCUSSION

Let's talk about what we just experienced.

Let a few Sisters answer each question before moving on to the next.

How did it feel to do that activity?

What parts of it felt good? Why?

What parts of it felt bad or uncomfortable? Why?

Did you see or hear or feel anything that surprised you?

Thank you again to everyone for participating, and sharing with your Sisters how and when you feel or don't feel confident. Now that we've been able to think about when and how we feel good about ourselves; we can focus on making ourselves feel even better!

Being confident at all times and in all situations would be amazing, but isn't necessarily realistic. Owning some of the areas in our lives where we don't feel confident is actually really helpful—it allows us to work in finding more confidence in those areas.

COMPLIMENT YOURSELF

We're going to spend a few minutes working to find and build our own personal confidence!

On a piece of paper or in a document opened on your computer, you're going to spend the next few minutes writing down compliments for yourself. I want you all to think deep, who are you on the inside? What kind of person are you? These need to be real, deep, genuine compliments, things you really like about the person that you are. If you get stuck, remember to think about your accomplishments, your relationships, your academics, the way you treat people and your values.

Take a few minutes to write five meaningful compliments about yourself.

Make sure you've done this activity ahead of time for yourself so that if your Sisters are having a difficult time coming up with their own, you can share with them an example of your own!

How did it feel to think of those things? To write them down?

CLOSING

Thank you for spending some time thinking about your confidence with us today, Sisters. It is an important topic to all of us, and hopefully you were able to learn a bit more about how find it in yourself.

This is a conversation we should keep having! Every single woman deserves to feel confident. Not eventually, not once we've gotten a specific GPA, made a certain amount of money or lost any number of pounds—right now. Alpha Xi Delta is an organization built by women, for women, to help us all realize our potential and build our confidence. Let's continue to say kind and meaningful things to ourselves, and then to help reinforce our Sisters' confidence by saying equally kind things back. The more we say these things, the more we can start to truly believe them about ourselves! Together, we can work to have all the confidence in the world—and that is work worth doing.