



CoachingHer

Coaching for Empowerment and Success



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Coaching for Mothers

- Confidence and Assertiveness -

Objectives of the Workshop

- ✓ Recognizing one's own strengths
- ✓ Be confident
- ✓ Conveying boundaries clearly

What is Confidence?

- Knowing and appreciating yourself
 - Self-image and external image
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- "How do I see myself?"
 - "How do others see me?"

What is Assertiveness?

- Representing one's own opinion – without hurting others
- Saying no – without a guilty conscience

Confidence and Assertiveness

A) Confidence

- Self-acceptance
- Confident appearance
- Decision-making ability
 - Own strengths and weaknesses
 - Body Language & Voice
 - Self-confident appearance

B) Assertiveness

- Clarity in communication
- Setting boundaries
- Conflict resolution
 - Clear, direct, without aggression
 - Safeguarding one's own interests
 - Constructive, willing to compromise

My personal success profile

- "How does self-confidence and assertiveness make personal and professional life easier?"
- "What needs to be done to achieve this?"

Exercise: Asserting yourself in everyday life
(Practical exercises in small groups)

Tips for everyday life

- Reflection: Progress & Obstacles
 - "What is easy for me?"
 - "What is still difficult for me?"

Conclusion

- My personal goal
- Worksheet

THANK YOU!