

2/19

What skills will we need to build an effective workshop?

- Communication skills
- Engage as many senses as possible
 - ◆ Engage in notes
- Emphasize value

Today Will and I are re reading and editing our outline.

I generated a few lesson ideas and outlines from some chatbots and put them in under the assignment. We also need to create a few questions and answers (minimum 3) for the Q&A portion.

Question: Isn't some self-criticism healthy for self-improvement? Why should we practice total self-acceptance?

Answer: Striving to better ourselves comes best from a place of self-love, not self-judgment. Think of how you would motivate a good friend - through compassion and believing in their potential versus critiquing their flaws. We can acknowledge areas for growth from a supportive mindset.

Question: How can I build self-confidence when I've experienced so much criticism or discrimination about aspects of my identity?

Answer: You raise an excellent point. The first step is acknowledging ways society's limited views have distorted your self-perception. Redefining confidence on your own terms instead takes courage and support from communities who celebrate ALL of who you are.

Question: I struggle with serious mental health issues. Is it realistic for me to develop greater self-love through self-confidence?

Answer: Self-compassion is perhaps more vital on difficult mental health days. Talk to yourself as you would a dear friend in the same situation - with empathy, hope and understanding. Professional support can also help counter harmful thought cycles to recognize your inherent strengths.

Question: Are there specific mindfulness techniques you recommend for improving self-talk and confidence?

Answer: Great question! Some options are journaling to identify negative thought patterns, mantra meditation repeating positive affirmations, or visualization practices where you actively imagine scenarios reflecting your talents and values.km

2/21

Anxiety

Breathe!
Communicate
Move Around!
Practice

Volume

Be Aware of
Space
Ask 4 feed back

Tone

Practice in Space
Consider feeling

Pace

Have A time keeper
Send inB prior

engagement

encourage participation
eye Contact & body Lang.
consider # of ppl.
Ask 4 feed back

~~ADAD~~

fidget
timer
Assign

focus

give each other
clear roles & expectations