

I'm A Big Deal

Duration: Class lasts for 4 weeks

Cost: \$ 45.00

Class Description:

I find in working with people of various ages that confidence is something that comes up again and again. People wish they had the confidence to talk to "that" person, pursue the dream they've always had, make new friends, date, get a job....but something seems to be standing in the way. Or sometimes, someone is incredibly confident but is always told they're too loud, stick out too much, are too much of a flirt because they can talk to anyone, and are always stealing attention away from other people. So these people revert inwards to try and fit in.

This class is going to urge you to stand out! Enough with trying to fit in, it's time to start exploring and celebrating who you are or want to be and how to go after what you want. Over the next four weeks we will:

Lesson 1 - Talk about general confidence and how to put your best foot forward:

- How to present and introduce yourself
- How to get rid of demeaning words like "just" and substitute strong words
- How to dress yourself so that you are highlighting your best features and fit into any situation
- How to find others with similar interests
- We will end the lesson with each individual introducing themselves to the class, and then commenting on other's introductions - beginning with interaction.

(This lesson will contain a guided video and powerpoint of the material discussed.)

Homework:

- Meet one new person and institute the ideas we've talked about - introducing yourself, starting a conversation, actively listening and engaging.
- In the comment section of the Classroom Page, please write the details of your meeting....how it went, where you met, what you have in common, do you have plans to hang out in the future?

Lesson 2 - Make your personality stand out and identify your talents:

- What makes you unique
- What are some of your favorite qualities about yourself

- What do you love to do in your free time
 - What are you good at
 - How do you use your personality strengths and talents to the max
- (This lesson will have a brief video explaining the topic at hand, and the goals for this week. We really want to take the opportunity to identify the strengths, talents, and interests we have as individuals. Many times, this is something people overlook)

Homework:

- Complete the included "All About Me Chart". There are four categories for you to fill out....What makes you unique, Favorite qualities, What you like to do in your free time, and What you feel you're good at. For each category please come up with five items.
- You can submit your homework as a PDF or as a photo to our Classroom page.

Lesson 3 - Understanding your flaws and how to take criticism:

- Nobody's perfect, everyone has flaws, how do you identify your flaws but not dwell on them
- How to you improve upon your flaws
- How to understand the difference between constructive criticism and just plain hurtful comments
- How to identify the sources of who criticism is coming from and how seriously it should be taken

(During this lesson the students will be provided with a link to a blog "How To Cope With Criticism" - the students will be asked to read the blog and participate in discussion questions that will be posted throughout the week. The students will be commenting on my posts as well as each others.)

Homework:

- Comment on discussion posts throughout the week. Looking for active participation and engagement based on the reading.

Lesson 4 - How to set goals:

- What is goal setting
- How to set goals and use them in your every day life
- Setting your goals now, don't wait until your an "adult" to begin
- Goal setting steps - list, action, attain

(This lesson will have a guided video to walk through the different goal setting steps and how to plan for both big and small goals.)

Homework:

- Select a goal - something you've have been really wanting to attain
- Use the "Goal Setting" worksheet to plan and execute your goal