



Boosting Your Confidence In Uncertain Times

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This workshop is designed to provide you with strategies that will help you move forth in this new world with courage and calm. The suggestions and exercises are for home and classroom use.

You are going to design your 4 step roadmap, and then follow it.

Step 1:

- Reducing anxiety and creating more calm for yourself and your students.

Two ways I can create more calm at home:

Two ways I can create more calm in the classroom:

Step 2:

- Understanding and acknowledging the effects of stress and worry on your body and better channeling that energy.

Two ways I can release negative energy from my body:

Step 3:

- Practice reframing your thoughts, your choice of words, and any negative habits. In doing so, you increase positivity and are able to see the bright spots.

The first negative thought/phrase that comes to mind is:

A more positive spin / reframe for that thought is:

Write down a bright spot from your day:

Step 4:

- Creating a daily routine that includes simple mindfulness exercises will support you and your students in navigating uncertainty.

Write down 3 things you have control over in your life right now.

The truth is that we are habitual beings. The more positive the habits you create, at home or in the classroom the better. We thrive on predictability and certainty. In general we like to feel in control.

When that is challenged we fall back into old habits, self-sabotaging behavior and negative thought patterns. When our toolbox is full of options, just like the things you have listed above or used in your life, you take back your power.

The next time you feel lost, overwhelmed, challenged or scared, come back to this 4 step process. You have the road map to boost your confidence and create calm.

You got this!

Yours in health,
Kristy Ware