

5 STEPS TO RAPIDLY
INCREASE YOUR CHILDS
CONFIDENCE



Dear Awesome Parent,

You are reading this because you want to increase your child's confidence.

That's absolutely fantastic!

So many parents miss this learning and do not pass it onto their children. Confidence is one of the greatest contributors to your child's future success and opportunity in life, work, socially and within relationships.

A highly developed self-esteem and ego will mean your child makes better decisions, lives life by their own values, is "peer-pressure-proof" and is excited by the challenges we all face in our life....

Confidence is kind of our thing.

We absolutely LOVE delivering it, sharing it, developing it and watching it grow with our students. We know a confident child is a happy child and so we are delighted to share some of our thoughts here with you in this free e-book.

In this short, practical e-book we have set out our fundamental ethos on building confidence and included some challenges for you and your children to have a go at!

We hope you enjoy

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Bonus! A little look at the Warrior Method!

A little sneak peek into how we develop outstanding



LEVEL ONE

Lay the foundations...Your Child's environment, unconditional love and their peer group.

For a child to truly develop and even consider taking on more risk, challenge and adventure; there must be a foundation of unconditional love surrounding them at all times.

"Unconditional love is the roots. Confidence is the wings".

Young people who have both lived bigger lives.

Consider also the love your child feels from their peers. Could your child improve their peer group so that it is more supportive and positive? Consider the effect your child's peer group will have on their long term development and their "inner voice" how they react to challenges, mistakes, failures and successes. Who we surround ourselves by is an incredibly important aspect of our development.

Challenge: Seek out a more positive peer group for your child in the form of a community outside of school that are having a strong ethos and whose values are aligned with your own.

LEVEL TWO

Initiate opportunities for challenge and adventure

As parents, we often want to jump in and help prevent our children from making a mistake. It's a tough call, we know we can help them, but we also know by doing so that we prevent them from learning how to deal with a certain situation.

If you always jump in to save your child they will lack confidence in their ability to solve a situation or problem. Be the safety net, but give them the space to learn. Competence cultivates confidence.

Providing your child with the opportunity to take healthy risks means they will develop independence and pride. They will build strength in their decisions and through making mistakes, overcoming defeats and

Challenge: Sit down with your child and talk about what they enjoy doing, perhaps a sport, an activity or a class. Talk about who they admire that is brilliant at this class/sport/activity and ask what makes them great at it. Seek out something achievable from your child's words and talk about how they could achieve this. Challenge your child to achieve the goal and set a time frame.

LEVEL THREE

EMOTIONS - feel them, understand them and control them.

When each of us make leaps out of our comfort zone (from putting our hand up in school to answer a question, to entering a public speaking contest...), we will feel anxiety and fear.

Fear, the process of “feeling fear” and the emotions behind it, all follow a simple process. This process can be, learned, understood and controlled.

"Courage is not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."

Teach your child not to be worried about the emotions, fear brings but understand that it is part of normal life and absolutely natural. By tackling fear on a daily basis your child's comfort zone will grow and their decisions will be made from a confident, inner-voice which will ultimately be more positive. Take your child through these simple questions and be sure to relate them to your own personal experiences so they do not feel isolated and they feel happy to share:

- “What is making you feel (Insert emotion - sad / angry / scared / upset)?”

- “I felt exactly the same thing when I (insert personal story) It's actually really normal to feel these things, when we are scared or fearful, so you and I are the same! Do you want to know how I dealt with that fear?”

- “I made a list of all the things that could go wrong with what I was doing and then... looking at them on paper, they suddenly didn't feel so scary.... I then wrote a list of all the great things that would happen If I completed the challenge and I felt excited instead of scared to achieve something new!”

Remind your child that you will always be there for them regardless of the outcome, but that they will feel a huge sense of pride if they conquer what is causing them fear. You can even personify fear, giving it a name and calling it “silly”, among many other techniques, I've seen this have a profound effect on a child's confidence in tackling fear.

So, to wrap on this point; teach your child to understand why they are feeling fear, where it comes from and what to do with the feelings. Teach your child how to channel their emotional energy from fear into courage and learn to step back and rationalise their emotions into something positive. This will have a profound effect on their confidence.

Challenge: Have an open conversation with your child about Fear when they next present the symptoms.

LEVEL FOUR

Positive Reinforcement VS Negative reinforcement.

We all know what positive reinforcement is... It's a reward for a positive action or behaviour. Many believe negative reinforcement is a punishment, this is not the case. Negative reinforcement is the absence of a positive reward for a certain behaviour or action.

Both can and should be used in conjunction with each other for the best results. Consider that positive reinforcement is the BEST tool for long term development, as studies have shown that over time negative reinforcement loses its power entirely.

Negative reinforcement can be used initially to get the "push" we all need at times. This concept of "Push/Pull" is vital to maintaining perseverance and maintaining a high energy for challenges and action.

LEVEL FIVE

Achievable goals - within reach!

Setting unachievable, huge, long term goals just won't work. We need to break this down and set our children up to win, not fail. There's a snow-ball effect through the method we are going to share below and it will absolutely revolutionise the way your child approaches challenges...

The below method includes 5 ticks each month. 1 for each accomplished goal. Weekly goals are rewarded providing the daily goal has been ticked and monthly goals are awarded providing the weekly goals have been ticked.

So, here's OUR method for creating goals:

Daily:

Create a simple task, that can seem completely minor, almost pointless, but without doubt, absolutely achievable every single day. Examples include: Doing your own shoes up each day, wiping the table, brushing your teeth or making your bed. By achieving a small, simple goal each day (preferably at the start of the day) we are setting our children up for success. We already have "one win" in the bag from the morning, perfect.

Weekly

There must be TWO Weekly tasks. One must be achievable in one go, for instance "going to my music class" or "walking the dogs". Achievable, but certainly larger than our daily tasks and not done on a daily occurrence.

The second weekly task should be part of a bigger plan. It should represent the constant development of a value and teach perseverance and the importance of perseverance. It must be done 2 to 3 times every week and show development. For example; "I went to all 3 of my martial arts classes this week!".

Monthly

Set two, fairly bold monthly challenges that are different to your child's daily or weekly goals. They may be a culmination of the weekly goals, for instance, competing in a martial arts competition or participating in a martial arts grading is an excellent choice as the weekly goals directly affect this.

Try to think of two separate goals that do not interfere with each other as the aim here is to build confidence over a selection of areas.

Challenge: Make this a fun exercise for your child and input the challenges onto a chart, set up rewards for each challenge and remember the above points on positive and negative reinforcement. Make setting goals every month a normal process for your child. They will go on to do this in their own lives as they mature.

BONUS! A Little look at the Warrior Method

We certainly hope this short, practical e-book has helped give you an insight into how to help your child develop confidence. Confidence is such a fundamental part of each child's success, however, it's just one of the many pieces of the puzzle.



We've developed a 4-step program we call **"The Warrior Method"** and on the next page you are going to be able to check it out! It's truly an excellent character development programme and it has completely transformed children. Currently over 1000 students per week go through our programme and it's our pleasure to make such an impact on students, parents and families' lives.

Many parents struggle to build their child's CONFIDENCE and we find so many young students have a poor self-image or low self-esteem. A confident child is more likely to tackle challenges, cope with difficult transitions like changing schools, less likely to be bullied and more likely to succeed in life.



Our Step by Step process for developing confidence ensures children first understand the value of their individuality, we then develop their inner voice so that they have a positive mindset. We gradually give them challenges, teach them about goal setting and reinforce their small successes with regular awards, constantly supported by excellent mentoring.

"100% of Parents saw an increase in Confidence in their child, on average up by 26%" - 2017 Survey to over 1000 Warrior Academy Parents.

If you would like to learn more about our how we can help you please do get in touch! We are always here to talk over new ideas with you or help you with any challenges you are facing, so feel free to email us at contact@warrioracademy.co.uk!

Every parent wants their child to receive the best possible education. The vital years of development from age 4 to 17 really set children up for life. From working with thousands of parents the biggest areas we find parents need help are in improving their child's confidence, focus and their behaviour. It's so hard for parents to find a single solution that can make this sort of impact on their child's life.

Our programme aims to make a massive impact, very quickly in all three areas and also decrease parents stress at home, improving their quality family time.



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