



Curriculum of Confidence Assembly: A Musical Journey to Finding Your Voice

While many modern, “digitized” kids have the academic and intellectual skills they need to succeed, such as critical thinking and good study habits, they lack the emotional resiliency and confidence that seemed automatic just a couple of decades ago and are essential to true success.

My Curriculum of Confidence assembly has as its foundation the belief that achievements are only a part of what gives a young person the gift of true self-esteem. Young adults must also understand what makes him or her tick, develop a working sense of his or her passions and dreams, look courageously at the things of which he or she is afraid and work deliberately to find his/her voice. This kind of powerful, fun introspection and sharing done within the context of their school community provide kids with inspiration, self-awareness and self-confidence to open doors to a rich, successful life both materially and emotionally.

Using live musical performance, which can include student involvement, we name, discuss, and normalize the stress kids and faculty are experiencing, and kids learn concrete, clear methods to develop true confidence and self-esteem:

- How to manage the “gremlins” in our heads
- The critical importance of imagination, improvisation, of being true to yourself
- The overarching benefits of being authentic
- Results aren’t all that matters; we must enjoy the journey!
- Using adversity to fuel success instead of failure
- Living with lasting, intentional confidence
- Setting goals: learning to devise a plan, implement that plan, achieve benchmarks and reach goals
- Finding a sense of purpose and inspiration

Kids will leave the program with a heartfelt, executable plan and techniques for eliminating detours and distractions. Additionally, this greater individual and collective intimacy and accountability will reduce dangerous behaviors such as binge drinking/drugging, harassment/hazing and inappropriate sexual behavior.

Lasting change rarely is achieved without follow up. I offer training for staff so the skills discussed—confidence, self-esteem, leadership, and voice—are reinforced and sustained and kids are held accountable to their plans.

A more detailed description is available; please ask me for a copy or find it at <http://www.jefflevincoaching.com/workshops/student-life/>.