**Confidence and self-esteem session:**

**evaluation questions**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Yes** Fred 7 | **Not sure**  Ryan 3 | **No**  Pauline 6 |
| I know what confidence is |  |  |  |
| I have learnt some tips on how to be more confident |  |  |  |
| I am going to have a go at achieving my goals |  |  |  |
| I feel a little bit more confident than I did earlier |  |  |  |
| I have some ideas about what to do if my confidence is knocked |  |  |  |

Graphical user interface, text

Description automatically generatedA picture containing text

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