Title: Confidence Switch Button

Exercise Code: SLINTEGRA004

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| Modules: | Group size: | Duration: |
| 1. Social Learning  3. Personal Integrity  4. Professional Integrity | Individual  Small group  Large group | 10-15 min |

# Purpose:

to become more confident, create more self-confidence in communication with others/clients/users, restore emotional burnout

# Description:

1. Go back in your memory and remember a time when you felt really confident. Step fully into that moment – see what you saw, hear what you heard and feel how good you felt. If you can’t find that moment (time), simply imagine how it would be if you were totally confident – to had strength, power, self-belief,…
2. Keep going through this memory and make colors brighter, richer, sound louder and feelings stronger.
3. As you feel these good feelings make a fist or squeeze together thumb and middle finger, hand together or some other gesture (this will be your anchor).
4. Now squeeze the thumb and finger together and relive that good feeling.
5. Repeat steps 1-4 few more times with different positive memories and using the selected gesture.
6. Still holding your thumb/finger or any other “anchor” you have chosen, think about the situation in which you want to feel more confident. Imagine things going perfectly, see what you will see, hear what you will hear and feel how good it feels
7. You can recall that good feeling whenever you will use the same gesture (anchor). .

# Material:/

# Methods:

Experiental learning.

# Advice for Trainer:/

# Source/Literature:

Adapted from Dr. Richard Bandler.2008. Change with Neuro-Linguistic Programming. Publisher: Health Communications.

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# Handouts: