

Growing happy kids how to foster inner confidence Latest Edition

Growing happy kids: how to foster inner confidence

Raising children who are not only happy but also confident from within is one of the most rewarding goals for parents and caregivers. Inner confidence forms the foundation for resilience, social skills, academic success, and overall well-being. When children believe in themselves, they are more likely to take on challenges with enthusiasm, handle setbacks gracefully, and develop a positive outlook on life. In this comprehensive guide, we will explore effective strategies and practical tips on how to foster inner confidence in children, ensuring they grow into happy, well-rounded individuals.

Understanding Inner Confidence in Children

What is Inner Confidence?

Inner confidence refers to a child's sense of self-worth and belief in their abilities that is rooted within, rather than solely dependent on external validation. It enables children to trust their judgment, embrace their unique qualities, and persist through difficulties.

The Difference Between Confidence and Self-Esteem

While often used interchangeably, confidence and self-esteem are related but distinct concepts:

- **Confidence:** A belief in one's abilities in specific areas or tasks.
- **Self-esteem:** Overall sense of worth and value as a person.

Fostering inner confidence involves nurturing both these aspects, but with a focus on empowering children to believe in their capabilities.

Core Principles for Fostering Inner Confidence

1. Create a Supportive Environment

Children thrive when they feel safe, loved, and supported:

- Offer unconditional love and acceptance.
- Encourage open communication without judgment.
- Celebrate effort over perfection.

2. Promote a Growth Mindset

Believing that abilities can improve with effort encourages resilience:

- Use language that emphasizes effort, such as "You worked hard on that!"
- Teach children to view mistakes as learning opportunities.
- Model a growth mindset yourself.

3. Encourage Independence and Decision-Making

Allowing children to make choices builds self-trust:

- Provide age-appropriate responsibilities.
- Support their decisions and discuss outcomes.
- Respect their opinions and preferences.

Practical Strategies to Build Inner Confidence

1. Set Achievable Goals and Celebrate Achievements

Helping children set and reach small goals fosters a sense of accomplishment:

- Assist in setting realistic, measurable goals.
- Recognize and praise their efforts and successes.
- Encourage reflection on what they learned from the process.

2. Foster Strong Social Skills

Positive social interactions reinforce confidence:

- Teach empathetic listening and effective communication.
- Encourage teamwork and cooperative play.
- Address social challenges with guidance and empathy.

3. Provide Opportunities for Mastery

Children gain confidence by mastering new skills:

- Encourage participation in hobbies, sports, or arts.
- Offer age-appropriate challenges.
- Support persistence and practice.

4. Model Self-Confidence

Children learn a lot by observing adults:

- Demonstrate positive self-talk and resilience.
- Share your own experiences of overcoming challenges.
- Maintain a positive attitude even in difficult times.

Creating a Positive Mindset and Emotional Resilience

1. Teach Emotional Awareness and Regulation

Understanding and managing emotions is key:

- Help children identify their feelings.
- Teach coping strategies such as deep breathing or mindfulness.
- Validate their emotions without overreacting.

2. Encourage Problem-Solving Skills

Empowering children to solve their problems boosts confidence:

- Ask guiding questions to stimulate thinking.
- Support brainstorming solutions.
- Reinforce that setbacks are temporary and solvable.

3. Promote a Positive Self-Image

Help children develop a healthy self-view:

- Avoid negative labels and comparisons.
- Highlight their strengths and talents.
- Encourage positive self-talk and affirmations.

Addressing Common Challenges in Building Confidence

1. Overcoming Fear of Failure

Fear can inhibit risk-taking and growth:

- Normalize mistakes as part of learning.
- Share stories of famous people who failed before succeeding.
- Reassure that effort matters more than perfection.

2. Dealing with External Criticism

Help children develop resilience against negative feedback:

- Teach them to discern constructive from unhelpful criticism.
- Encourage focusing on their strengths.
- Model how to respond confidently and graciously.

3. Managing Comparisons

Comparing children to others can diminish self-confidence:

- Teach them to appreciate their unique qualities.
- Encourage setting personal goals rather than competing with peers.
- Foster a mindset of self-improvement rather than perfection.

Supporting Your Child's Journey to Inner Confidence

1. Consistent and Loving Parenting

Regularly express love and support:

- Spend quality time together.

- Offer encouragement during successes and setbacks.
- Be patient and understanding.

2. Creating Opportunities for Success

Provide instances where children can succeed:

- Involve them in community projects or group activities.
- Support their interests and passions.
- Encourage leadership roles and responsibilities.

3. Maintaining Realistic Expectations

Balance high standards with compassion:

- Set challenging but attainable goals.
- Avoid excessive pressure or perfectionism.
- Recognize effort regardless of outcome.

Conclusion

Fostering inner confidence in children is a multifaceted endeavor that requires patience, consistency, and love. By creating a nurturing environment, promoting a growth mindset, encouraging independence, and modeling positive behaviors, parents and caregivers can help children develop a resilient and positive self-belief. Remember, every child is unique, and building confidence is a gradual process. Celebrating their progress and providing unwavering support will set them on the path toward becoming happy, confident individuals capable of facing life's challenges with courage and optimism. With intentional guidance and genuine care, you can help your children grow into their best selves, full of inner strength and joy.

Growing happy kids: how to foster inner confidence is a vital goal for parents, educators, and caregivers aiming to raise resilient, self-assured children. Inner confidence—often referred to as self-esteem or self-worth—is the foundation upon which children build their ability to face challenges, develop healthy relationships, and pursue their passions. When children feel secure in who they are, they are more likely to experience joy, demonstrate perseverance, and grow into well-rounded adults. In this guide, we'll explore practical strategies and insights on how to nurture inner confidence in children, ensuring they grow into happy, confident individuals.

Understanding Inner Confidence in Children

Before diving into specific methods, it's crucial to understand what inner confidence entails and why it matters so profoundly.

What Is Inner Confidence?

Inner confidence is an internal belief in one's abilities, worth, and value. Unlike superficial self-esteem that can fluctuate based on external validation, true inner confidence is a stable sense of self that persists even amid setbacks. It encompasses:

- Self-acceptance
- Resilience in the face of failure
- Trust in one's judgment
- A positive outlook on oneself and life

Why Is Inner Confidence Important?

Inner confidence influences every aspect of a child's development:

- Academic success: Confident children are more willing to take on new challenges.
- Social skills: They are more likely to form healthy relationships.
- Mental health: Higher confidence correlates with lower anxiety and depression.
- Independence: Confident kids are more self-reliant and proactive.
- Long-term resilience: They can bounce back from setbacks and adapt to change.

Foundations of Growing Happy Kids: How to Foster Inner Confidence

Building inner confidence is a gradual process that involves nurturing a child's sense of self from multiple angles. Below are key areas of focus and actionable steps.

- Encourage Genuine Self-Expression

Children should feel free to express their thoughts, feelings, and preferences authentically.

- Listen actively: Show genuine interest in what they say.
- Validate feelings: Acknowledge their emotions without judgment.
- Support individuality: Celebrate their unique interests and talents.

- Promote a Growth Mindset

Children need to understand that abilities can be developed through effort.

- Praise effort, not just achievement: ?You worked hard on that project!?
- Normalize mistakes: Frame errors as opportunities to learn.
- Teach perseverance: Encourage persistence when faced with difficulty.

- Offer Age-Appropriate Responsibilities

Giving children responsibilities fosters independence and self-trust.

- Chores: Simple household tasks tailored to age.
- Decision-making: Involve them in choices, like what to wear or what activity to pursue.
- Problem-solving: Guide them to find solutions rather than providing immediate answers.

- Model Self-Confidence and Positivity

Children learn a lot through observation.

- Display self-acceptance: Share your own struggles and how you handle them.
- Use positive self-talk: Demonstrate kindness toward yourself.
- Show resilience: Share stories of overcoming setbacks.

- Create a Supportive Environment

A nurturing environment lays the groundwork for inner confidence.

- Offer unconditional love: Make sure children know they're valued regardless of performance.
- Encourage peer connections: Promote healthy friendships.
- Limit harsh criticism: Focus on constructive feedback rather than negative judgments.

Practical Strategies to Nurture Inner Confidence

While foundational principles are essential, specific strategies can make a tangible difference.

A. Celebrate Small Wins

Recognizing progress, no matter how minor, boosts self-esteem.

- Keep a success journal.
- Highlight achievements during conversations.
- Use praise that emphasizes effort and growth.

B. Cultivate Emotional Resilience

Resilience helps children manage setbacks confidently.

- Teach coping skills: deep breathing, mindfulness.
- Share stories of overcoming adversity.
- Encourage problem-solving rather than avoiding challenges.

C. Foster Autonomy and Independence

Children gain confidence by doing things themselves.

- Allow them to make choices.
- Encourage self-care routines.
- Support participation in activities outside their comfort zone.

D. Build a Positive Body Image

Physical self-acceptance contributes to inner confidence.

- Promote healthy habits rather than appearance-focused comments.
- Model body positivity.
- Avoid negative talk about bodies or appearance.

E. Provide Opportunities for Skill Development

Mastery enhances self-belief.

- Enroll children in activities aligned with their interests.
- Offer consistent practice and constructive feedback.
- Celebrate skill improvements.

Addressing Challenges and Common Pitfalls

Fostering inner confidence is not without obstacles. Here are some common issues and how to address them:

Overpraising or Overprotecting

- Problem: Excessive praise or shielding children from failure can hinder genuine confidence.
- Solution: Offer honest, specific praise and allow children to experience natural consequences.

Comparing Children to Others

- Problem: Comparing can diminish self-worth.
- Solution: Focus on individual progress and strengths.

Neglecting Emotional Development

- Problem: Ignoring feelings can lead to suppressed emotions and insecurity.
- Solution: Encourage emotional literacy and open dialogue.

Long-Term Benefits of Growing Happy Kids with Inner Confidence

Investing in a child's inner confidence yields benefits that last a lifetime:

- Better mental health and well-being
- Stronger adaptability to life's changes
- Higher motivation and goal-setting abilities
- Increased capacity for empathy and leadership
- Greater overall happiness and satisfaction

Conclusion

Growing happy kids: how to foster inner confidence is a comprehensive journey rooted in love,

patience, and intentional nurturing. By creating a supportive environment, modeling positive behaviors, and encouraging resilience and independence, caregivers can help children develop a robust inner confidence that serves as a cornerstone for lifelong happiness and success. Remember, every child is unique, and fostering confidence is an ongoing process that evolves with their growth. With consistent effort and positive reinforcement, you can empower children to believe in themselves and embrace their full potential.

Question What are effective ways to boost my child's self-esteem and inner confidence? Encourage your child to try new activities, praise their efforts rather than just results, and provide a supportive environment where they feel safe to express themselves. Consistent positive reinforcement helps build a strong sense of self-worth. How can I help my child develop resilience and handle setbacks confidently? Teach your child to view setbacks as learning opportunities, model resilience yourself, and encourage problem-solving. Emphasize effort over outcome and remind them that failure is a natural part of growth. What role does emotional intelligence play in fostering inner confidence in kids? Emotional intelligence helps children understand and manage their emotions, leading to better self-awareness and self-regulation. Cultivating empathy and social skills further enhances their confidence in interacting with others. How can I create a nurturing environment that promotes my child's inner confidence? Provide consistent support, listen actively, validate their feelings, and avoid harsh criticism. Celebrate their uniqueness and encourage independence to help them develop a strong inner sense of confidence. Are there specific activities or practices that help children build inner confidence? Yes, activities such as mindfulness, journaling, engaging in hobbies, and setting achievable goals can foster self-awareness and confidence. Encouraging reflection on accomplishments boosts their belief in their abilities. How important is modeling confident behavior as a parent in helping my child grow happy and confident? Modeling confident behavior teaches children how to handle challenges and express themselves positively. Children often learn by observing their parents, so demonstrating self-assurance and resilience is key to fostering their inner confidence.

Related keywords: child development, self-esteem building, positive parenting, emotional intelligence, confidence tips, kids' self-worth, nurturing resilience, mindfulness for children, parental guidance, fostering independence

THE CONFIDENCE CODE THE SCIENCE AND ART OF SELF ASSURANCE WHAT WOMEN SHOULD KNOW

the confidence code the science and art of self assurance what women should know

In today's fast-paced and competitive world, confidence is more than just a desirable trait; it is a

vital component of personal and professional success. The book *The Confidence Code: The Science and Art of Self-Assurance?What Women Should Know* by Katty Kay and Claire Shipman explores the nuances of confidence, especially among women, and provides valuable insights into how women can cultivate genuine self-assurance. This article delves into the core concepts of the book, breaking down the science behind confidence, the art of building it, and practical strategies women can adopt to enhance their self-esteem and assertiveness.

Understanding the Science of Confidence

What Is Confidence?

Confidence is the belief in one's abilities, qualities, and judgment. It influences how women approach challenges, handle setbacks, and pursue opportunities. Unlike arrogance, confidence is rooted in a realistic appraisal of oneself and one's skills.

The Psychological Foundations

Research indicates that confidence is influenced by various psychological factors, including:

- **Self-efficacy:** The belief that one can perform specific tasks successfully.
- **Self-esteem:** Overall sense of self-worth.
- **Growth mindset:** The understanding that abilities can be developed through effort.

These elements interact to shape how women perceive themselves and their capacity to succeed.

The Role of Brain Chemistry

Neuroscience shows that confidence involves complex interactions within the brain, particularly in regions associated with motivation, reward, and decision-making. Neurotransmitters like dopamine can influence feelings of motivation and confidence, reinforcing the importance of a positive mindset.

The Art of Building Self-Assurance

Challenging the Inner Critic

Many women struggle with self-doubt and negative self-talk, which undermine confidence. Recognizing and challenging these internal dialogues is essential. Techniques include:

- Practicing self-compassion
- Reframing negative thoughts into positive affirmations
- Keeping a success journal to focus on achievements

Embracing Imperfection

Perfectionism can hamper confidence. Learning to accept mistakes as part of growth fosters resilience. Remember, no one is perfect, and setbacks are opportunities for learning.

Developing Competence and Mastery

Confidence often stems from competence. Women should seek opportunities to develop skills, whether through education, training, or hands-on experience. Mastery reinforces belief in oneself.

Taking Calculated Risks

Stepping outside of comfort zones, even in small ways, builds confidence over time. Each risk overcome proves to oneself that challenges are surmountable.

Practical Strategies for Women to Enhance Confidence

Set Realistic Goals

Begin with achievable objectives to create a sense of accomplishment. As confidence grows, gradually take on more demanding challenges.

Practice Assertiveness

Assertiveness involves expressing thoughts, feelings, and needs confidently and respectfully. Techniques include:

- Using "I" statements to communicate clearly
- Maintaining eye contact
- Practicing active listening

Build a Supportive Network

Surrounding oneself with positive, encouraging people boosts self-esteem. Seek mentors and peers who uplift and challenge you.

Invest in Self-Care

Physical and mental well-being directly impacts confidence. Prioritize sleep, nutrition, exercise, and stress management.

Dress for Success

Clothing influences self-perception and how others perceive us. Wearing attire that makes you feel comfortable and powerful can enhance confidence.

Continuous Learning and Growth

Stay curious and committed to personal development. Learning new skills and knowledge fosters a sense of achievement and self-assurance.

Addressing Gender-Specific Challenges

Overcoming Societal Stereotypes

Women often face societal expectations that can erode confidence. Recognizing these influences is the first step toward overcoming them.

Dealing with Imposter Syndrome

Many women experience feelings of fraudulence despite evident success. Strategies include:

- Acknowledging achievements
- Sharing feelings with trusted individuals
- Reframing thoughts to focus on competence rather than perfection

Advocating for Yourself

Women should learn to assert their needs and negotiate effectively, whether in the workplace or personal life.

Conclusion: Embracing the Confidence Code

Confidence is both a science and an art?grounded in understanding how our minds and bodies work, but also cultivated through deliberate practice and mindset shifts. For women, embodying self-assurance is a powerful tool for personal growth, leadership, and fulfillment. By understanding

the psychological and neurological aspects of confidence, challenging self-doubt, embracing imperfection, and implementing practical strategies, women can unlock their full potential. Remember, confidence is not about never feeling uncertain; it's about moving forward despite those feelings and trusting in your ability to handle whatever comes your way.

Adopting the principles from The Confidence Code can transform not only how women see themselves but also how they influence the world around them. Confidence is within reach for everyone willing to invest in their own development and believe in their worth. Start today, and take the first step toward embracing your inner confidence—the ultimate code for success.

The Confidence Code: The Science and Art of Self-Assurance ? What Women Should Know

In an era where gender equality and empowerment are at the forefront of societal discourse, understanding the nuances of confidence—particularly among women—remains a vital subject. The Confidence Code: The Science and Art of Self-Assurance—What Women Should Know by Katty Kay and Claire Shipman delves deep into the complex interplay between biology, psychology, culture, and individual behavior that shapes women's confidence. This comprehensive exploration not only synthesizes scientific research but also provides practical insights, making it a valuable guide for women seeking to understand and cultivate authentic self-assurance.

The Foundations of Confidence: Unpacking the Science

Biological and Psychological Underpinnings of Confidence

At the core of the book's thesis is the recognition that confidence is rooted in both biological factors and psychological constructs. Neuroscientific research suggests that differences in brain chemistry and structure influence confidence levels. For example, variations in the prefrontal cortex—responsible for decision-making and self-regulation—and the limbic system—linked to emotions—play roles in how women perceive their abilities.

Hormonal fluctuations, particularly estrogen and testosterone levels, also contribute to confidence. While testosterone is often associated with assertiveness and risk-taking, estrogen influences social bonding and emotional regulation. These biological factors can fluctuate throughout the menstrual cycle, affecting confidence levels temporarily.

Psychologically, confidence is intertwined with traits such as resilience, optimism, and self-efficacy—the belief in one's ability to succeed. The book emphasizes that self-efficacy is a critical component: women with higher self-efficacy are more likely to take risks, pursue challenging goals, and recover from setbacks.

Cultural and Societal Influences

Beyond biology, cultural norms and societal expectations heavily influence women's confidence. Historically, societal messages have often discouraged women from asserting themselves, especially in male-dominated fields or leadership roles. The "confidence gap," a term popularized by the authors, refers to the persistent disparity where women tend to underestimate their abilities compared to men, even when equally qualified.

Media portrayals, stereotypes, and gendered socialization contribute to internalized beliefs about what women can or should achieve. For instance, messages that praise women for appearance rather than competence subtly undermine their confidence in professional and personal pursuits.

The Confidence Gap: Myth or Reality?

Evidence Supporting the Confidence Disparity

Numerous studies cited in the book demonstrate that women often exhibit lower confidence levels than men, particularly in high-stakes environments such as the workplace, academia, or leadership roles. This confidence gap is not necessarily about actual ability but about perception and self-assessment.

For example, women tend to overestimate their limitations and underestimate their skills, leading to reluctance in seeking promotions, negotiating salaries, or taking on challenging assignments. This phenomenon is compounded by societal stereotypes that suggest women are less suited for risk-taking or leadership.

The Impact on Women's Professional and Personal Lives

The confidence gap has tangible consequences. Women may pass up opportunities that could advance their careers or personal growth due to self-doubt. This self-limiting behavior, often unconscious, perpetuates gender disparities in various sectors.

Interestingly, the authors highlight that confidence, rather than competence, often predicts success. Women with higher confidence levels are more likely to pursue leadership roles, speak up in meetings, and negotiate effectively—traits essential for career advancement.

Strategies to Cultivate Confidence: The Art and Science

Embracing Risk and Failure

A central theme of the book is that confidence develops through action. Women are encouraged to embrace risk-taking and view failure as an essential part of growth. The authors introduce the concept of "learning through failure" as a way to build resilience and self-assurance.

Practical steps include:

- Setting small, achievable goals to build momentum.
- Reflecting on failures to extract lessons rather than internalize defeat.
- Reframing setbacks as opportunities for learning.

Developing Self-Awareness and Self-Compassion

Understanding one's strengths and weaknesses fosters authentic confidence. The book advocates for self-awareness practices such as journaling, feedback-seeking, and mindfulness.

Self-compassion is equally vital. Women often internalize criticism, leading to self-doubt. Cultivating a kind inner dialogue helps maintain confidence during challenging times.

Cultivating a Growth Mindset

Rooted in Carol Dweck's research, a growth mindset encourages women to see abilities as developable rather than fixed. This perspective reduces fear of failure and encourages persistence.

Practical Techniques for Boosting Confidence

The authors recommend several evidence-based techniques:

- Power Posing: Adopting expansive postures for a few minutes can increase feelings of confidence and reduce anxiety.
- Visualization: Imagining successful outcomes prepares the mind for real-life situations.
- Preparation: Being well-prepared enhances competence and reduces self-doubt.
- Seeking Mentors and Allies: Support networks reinforce confidence and provide constructive feedback.

Overcoming Common Barriers

Imposter Syndrome

Many women experience imposter syndrome—the feeling that their achievements are due to luck or deception rather than ability. The book emphasizes recognizing these feelings as common and manageable through acknowledgment and evidence of competence.

Fear of Judgement

Women often fear negative evaluation, which can inhibit risk-taking. Techniques such as reframing fear as excitement and focusing on intrinsic motivation help counteract this barrier.

Societal Expectations

Challenging societal norms requires conscious effort. Women are encouraged to redefine success on their own terms and to surround themselves with supportive communities.

The Role of Leaders and Organizations

Creating Supportive Environments

Organizations can foster confidence by promoting inclusive cultures, providing mentorship programs, and recognizing achievements publicly. Leaders play a crucial role in modeling confidence and encouraging risk-taking among team members.

Addressing Structural Barriers

Structural issues such as unequal pay, lack of representation, and bias must be addressed to create equitable opportunities that enable women to build confidence through tangible progress.

The Intersection of Confidence and Authenticity

A key insight from the book is that genuine confidence is rooted in authenticity. Women are encouraged to embrace their unique strengths, values, and experiences, rather than conforming to societal expectations of what confidence "should" look like.

This authenticity fosters resilience, as women are more likely to persist when aligned with their true selves. It also enhances credibility and influence, essential for leadership.

Conclusion: A Holistic Approach to Self-Assurance

The Confidence Code underscores that confidence is neither innate nor fixed; it is a dynamic quality cultivated through deliberate effort, self-awareness, and societal change. For women, understanding the science behind confidence, recognizing and challenging internal and external barriers, and adopting practical strategies can significantly enhance their self-assurance.

By demystifying confidence as a combination of art and science, the book empowers women to take charge of their personal and professional lives, fostering a generation of self-assured, authentic leaders. As societal norms continue to evolve, cultivating confidence remains a vital component of individual fulfillment and collective progress.

Question What are the main concepts discussed in 'The Confidence Code' regarding women's self-assurance? The book explores the science behind confidence, emphasizing that it is a combination of innate traits and learned behaviors. It highlights how women can develop self-assurance through understanding their strengths, taking risks, and overcoming societal barriers. How does 'The Confidence Code' explain the difference between confidence and competence? The book clarifies that confidence is the belief in oneself, while competence is based on skills and abilities. It stresses that confidence often precedes competence and that developing confidence can motivate women to acquire new skills. What practical strategies does 'The Confidence Code' suggest for women to build self-confidence? The book recommends practices such as embracing failure as a learning opportunity, taking calculated risks, setting achievable goals, and cultivating a growth mindset to enhance self-confidence. According to 'The Confidence Code', what role does societal expectation play in women's confidence levels? The book discusses how societal stereotypes and gender norms can undermine women's confidence, often discouraging risk-taking and assertiveness. Recognizing these influences allows women to challenge and overcome them. Does 'The Confidence Code' address how women can overcome self-doubt in professional settings? Yes, it provides tips on overcoming self-doubt by focusing on strengths, preparing thoroughly, and practicing assertiveness, encouraging women to voice their opinions and pursue leadership roles. What does 'The Confidence Code' say about the importance of vulnerability in building confidence? The book emphasizes that vulnerability is a strength, allowing women to connect authentically with others, learn from mistakes, and grow more confident over time. How does 'The Confidence Code' incorporate scientific research into understanding confidence? The authors draw on neuroscience, psychology, and behavioral studies to explain how confidence develops and how women can leverage this knowledge to foster self-assurance. Are there gender-specific insights in 'The Confidence Code' that address unique challenges women face? Yes, the book discusses challenges such as societal conditioning, imposter syndrome, and gender bias, offering tailored advice to help women navigate and overcome these obstacles. What role does risk-taking play in building confidence according to 'The Confidence Code'? The book highlights that taking risks, even small ones, can significantly boost confidence by expanding comfort zones and demonstrating resilience and capability. How can women apply the principles from 'The Confidence Code' to their personal lives? Women can practice self-awareness, challenge negative beliefs, set empowering goals, and embrace opportunities for growth to enhance their confidence in various aspects of life.

Related keywords: self-confidence, women empowerment, self-esteem, personal development, female leadership, assertiveness, women's psychology, motivation, mindset, empowerment strategies

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