

PREWORK

#5 CONFIDENCE & BARRIERS



In Module 5 we will be discussing strengths as well as behaviours that we are considering changing.

To Prepare:

1. Think about your strengths - what are your key character traits that help you overcome challenges and succeed?

You can take the free VIA character survey here too! <https://www.viacharacter.org>

2. Write down a behaviour you are thinking of changing which is important to you, however you haven't managed to take action (or take action consistently) to change the behaviour. Rate the importance below, and think about what the barriers are to you taking action.

3. Print out the confidence handout

4. **Optional** - Read MOTIVATIONAL INTERVIEWING: CONVERSATIONS ABOUT CHANGE: CONVERSATION ABOUT CONFIDENCE

- <https://uncmotivationalinterviewing.wordpress.com/2021/01/21/motivational-interviewing-conversations-about-change-building-confidence>
- <https://uncmotivationalinterviewing.wordpress.com/2021/03/22/motivational-interviewing-conversations-about-change-conversation-about-confidence>