



TRACK 4B: CORE COMPETENCIES NEXT STEPS

ELECTIVE: BUILDING CONFIDENCE

by Dr. Brenda C. Chand

Lesson 1: Building Self-Confidence

1. Watch the video of Dr. Brenda C. Chand on "Building Self-Confidence."

Completed:

(continued on next page)

2. Write a one-page summary of what you learned from Dr. Chand's video and the points in the written lesson. Summarize the main points, and explain how you will use at least two of the principles in coaching your clients.

When you've completed the assignment, save this PDF and email it to your coach.