



## CONFIDENCE & MOTIVATION

**Building confidence and motivation in young people is essential for their overall wellbeing and is a key aspect of their development.** These qualities can have a lasting impact on their success and happiness. Confidence helps children believe in their abilities and face challenges with a positive attitude, while motivation drives their desire to learn, explore, and achieve their goals.

Fostering these traits involves creating an environment that encourages children to take risks, learn from their mistakes, and celebrate their achievements. Confidence is built when children feel capable and valued, while motivation is fuelled by the belief that their efforts will lead to growth and success. By actively supporting both, we can help young people thrive in the academic, social, and personal areas of their life.



By offering positive reinforcement, setting realistic expectations, and celebrating their efforts, we can model a positive mindset that can go a long way in helping young people develop both confidence and motivation. Nurturing these qualities, will help them grow into self-assured individuals who believe in their ability to succeed, setting the foundation for a fulfilling future.

In this edition of SchoolTV, discover how to provide opportunities for autonomy and support your child in persevering through challenges.

[Edition Link](#)

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