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Erasmus+ Small-scale partnerships in vocational education and training

Bridge4Mothers

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PSL Programme — Personal, Social and Learning-to-Learn Competences

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Confidence-Building Guidance Resource

Strengthening Confidence & Flexibility

Confidence Can Be Strengthened By:

- recognising achievements,
- trying new experiences gradually,
- practising problem-solving,
- reflecting on strengths,
- and learning from challenges.

Adaptability Includes:

- flexibility,
- resilience,
- openness to learning,
- and positive coping strategies.

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