Co-funded by the European Union

Erasmus+ Small-scale partnerships in vocational education and training

Bridge4Mothers

2025-1-DE02-KA210-VET-000359232

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

Bridge4Mothers © 2026 by *Bridge4Mothers Erasmus+ VET KA210* is licensed under *Creative Commons Attribution 4.0 International*

G. Guidance Resource

Building Confidence Through Communication

Positive Communication Includes:

- listening carefully,
- expressing ideas respectfully,
- recognising emotions,
- asking questions,
- and communicating clearly.

Assertiveness Means:

- expressing needs respectfully,
- setting healthy boundaries,
- and communicating confidently without aggression.

Communication skills improve through:

- practice,
- reflection,
- and supportive interaction.

Bridge4Mothers © 2026 by Bridge4Mothers Erasmus+ VET KA210 is licensed under Creative Commons Attribution 4.0 International

2025-1-DE02-KA210-VET-000359232