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

Positive self-talk should be realistic and supportive. It helps you focus on possibilities rather than limitations.

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

G. Guidance Resource

Strengthening Motivation & Confidence

Confidence Can Grow Through:

- practice,
- reflection,
- learning new skills,
- positive support,
- and recognising achievements.

A Growth Mindset Means:

- believing in improvement,
- learning from experience,
- staying open to learning,
- and understanding that progress takes time.

Small steps and consistent effort contribute to long-term growth and success.

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

2025-1-DE02-KA210-VET-000359232