



## **Confidence Coaching & Team Bonding Experience**

### **Overview**

With the Denver Public School's mission to provide a system that's designed to help every student thrive where caring teachers are engaging their students in culturally responsive experiences, we understand that confidence is a key component necessary to keep their cups full. Shades of Brilliance believes that powerful men and women can move mountains, starting with investing in our youth. Our specialty is igniting the spirit and confidence in young people, empowering them to set the world ablaze. Our purpose aligns seamlessly with the Denver Public School system's intentions, and we are excited to envision the incredible impact we can achieve together.

### **The Approach**

Our approach to fostering confidence in youth involves a multifaceted methodology combining group interaction and individualized attention. We begin with in-depth conversations and inner work designed to help youth discover their true selves and understand their unique needs.

- a. **Group Sessions:** Our lessons are carefully curated for a collective learning experience, encouraging participants to explore their identities within a supportive group setting. This collective approach aims to instill new habits of self-ownership and accountability. Through team bonding exercises, students are able to see and appreciate each other's humanity, fostering a sense of camaraderie and mutual respect. The safe space we provide for vulnerability allows for the development of deep connections and a profound level of understanding among participants.
- b. **One-on-One Check-Ins:** In addition to group sessions, we offer personalized one-on-one check-ins. These sessions are tailored to address each individual's specific needs and areas for growth, enhancing personal development in a targeted manner. This dual approach ensures that the lessons and skills learned are not only relevant but also effectively translate into tangible results in both personal and professional contexts.

Through this approach, we aim to empower youth to build lasting confidence, fostering a sense of empowerment and readiness to take on the world.



## Our Method

We firmly believe that true transformation begins from within, connecting the mind and body in a harmonious journey of self-discovery and growth. To achieve this evolution, we utilize a comprehensive set of tools:

- a. **Curated Guided Workbook:** Our workbook serves as a foundational resource, guiding individuals through introspective exercises and activities that promote self-awareness and personal growth.
- b. **Dance Classes:** Movement is a powerful medium for expression and connection. Our dance classes provide a dynamic and engaging way for participants to connect with their bodies, release tension, and build confidence through physical activity.
- c. **Live Coaching Sessions:** Open dialogue is at the heart of our live coaching sessions. These interactive sessions foster a supportive community environment where participants can share experiences, gain insights, and receive real-time guidance from our experienced coaches.
- d. **Personal Virtual Coaching Sessions:** For more personalized support, our virtual coaching sessions offer tailored guidance to meet individual needs. These one-on-one sessions focus on specific goals and challenges, providing targeted strategies for personal development.

By integrating these elements, we aim to create a holistic and transformative experience that empowers individuals to evolve from the inside out, connecting deeply with themselves and their bodies.



## **Scope of Work**

Our comprehensive program for Denver Public Schools is designed to empower youth through a holistic approach that integrates group coaching, dance, and personalized assignments. The goal is to foster self-discovery, confidence, and personal growth by harmonizing the mind and body within a supportive and dynamic environment.

Each month, we will conduct four one-hour in-person group coaching sessions, including a thirty-minute coaching session, followed by a thirty-minute dance class. The group coaching sessions will focus on themes such as self-awareness, emotional intelligence, goal setting, overcoming limiting beliefs, and building healthy habits. These interactive sessions will include discussions, guided reflections, and collaborative exercises to encourage sharing and learning amongst participants. Following the coaching sessions, the thirty-minute dance classes will provide a physical outlet to embody the lessons learned. These classes, featuring urban freestyle movement, movement therapy, and expression through dance, will enhance body awareness, build physical confidence, and offer a joyful way to internalize the coaching content.

At the beginning of the program, each participant will receive a curated workbook aligned with all lessons and activities. This workbook will include guided exercises, reflections, homework assignments, and space for personal notes and journaling. It will serve as a tangible resource for participants to track their progress, reflect on their journey, and maintain focus on their personal development goals outside of class. Weekly homework assignments, provided in the workbook and discussed in coaching sessions, will include reflective writing, goal-setting exercises, and practical activities to apply the lessons learned in daily life. These assignments are designed to encourage continuous personal growth and self-reflection, helping participants integrate the program's teachings into their everyday routines.

Additionally, optional personal virtual coaching sessions or in person individual meetings within class will be available to provide personalized guidance and support tailored to each participant's specific challenges and goals. These one-on-one sessions aim to ensure individual progress and address any unique concerns or objectives participants may have.



## **Timeline**

The initial program will run for 5 months, with the possibility of extension based on participant needs and feedback. We expect the program to enhance self-awareness and confidence, improve physical fitness and body awareness, develop healthy habits and goal-setting skills, and foster a stronger sense of community and support among participants. A mid-program review will be conducted to assess progress and make any necessary adjustments, followed by a comprehensive end-of-program evaluation to measure outcomes, gather participant feedback, and identify areas for improvement.

This program aligns with Denver Public School's mission to lift all students towards a bright future. By combining group coaching, dance, and personalized assignments, we aim to create a transformative experience that will leave participants feeling confident, connected, and ready to make a positive impact in their lives and communities. We are excited about the potential of this collaboration and look forward to bringing this vision to life.