**Confidence and self-esteem session:**

**evaluation questions**

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|  | **Yes** Fred 7 | **Not sure**Ryan 3 | **No**Pauline 6 |
| I know what confidence is |  |  |  |
| I have learnt some tips on how to be more confident |  |  |  |
| I am going to have a go at achieving my goals |  |  |  |
| I feel a little bit more confident than I did earlier |  |  |  |
| I have some ideas about what to do if my confidence is knocked |  |  |  |



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