



Activity Sheet



The Confidence Ladder

Activity Title:

The Confidence Ladder

Activity theme:

Exploring personal growth and leadership development by identifying confidence milestones and reflecting on self-belief as a peer educator..

Learning Outcomes:

- Recognise how their confidence has evolved throughout the training.
- Identify personal strengths and challenges related to leadership and facilitation.
- Develop strategies for building confidence in future peer-education roles.
- Support peers by celebrating growth and encouraging positive self-reflection.

Duration: 90min

- Introduction: 10 minutes
- Confidence Ladder Activity: 45 minutes
- Peer Support Circle: 20 minutes
- Reflection & Closing: 15 minutes

Materials:

- Flip-charts / whiteboards
- Markers, pens
- Sticky notes
- Large paper or poster sheets (drawn ladder shape)
- Tape / Blu-tack
- Timer
- Journals for reflection

Activity description:

Step 1 – Introduction (10 minutes):

Facilitator welcomes participants and introduces the metaphor of The Confidence Ladder.

Explain that confidence grows step by step, each experience, challenge, or success adds another rung.

Invite participants to think back over the training and recall moments where they felt uncertain, brave, proud, or empowered.

Ask:

- “What helped you feel more confident during these days?”
- “When did you surprise yourself?”

Step 2 – Main Activity: Building the Confidence Ladder (45 minutes):

Divide participants into pairs or small groups.

Give each group a large sheet with a ladder drawn on it (about 5–6 steps).

Ask them to label each step with a moment of confidence growth, for example:

- Speaking in front of the group
- Supporting a peer through a challenge
- Leading an activity for the first time
- Receiving positive feedback

Encourage decoration, drawings, or short phrases.

Once ladders are complete, groups share one highlight moment with the whole room.

Step 3 – Peer Support Circle (20 minutes):

- Sit in a circle. Each participant is invited to share (voluntarily) a short personal moment of growth or challenge during the training.
- After each share, the group responds with supportive statements like:
 - “If I were your peer educator, I would ...”
 - “One way I could support you is ...”
- Facilitator ensures a safe, confidential, and non-judgemental environment.

Step 4 – Reflection and Closing (15 minutes):

Bring the group back together and discuss:

- What does confidence mean to you as a peer educator?
- How can you help others feel confident when you lead?
- What personal goal will you carry forward after this training?

Encourage each participant to write a sentence in their journal starting with:

“I feel most confident as a peer educator when ...”

My reflection:

- Two strengths they demonstrated today.
- One communication or leadership skill they want to improve.
- One realistic action they could take to share their digital well-being message with others.

Group debrief notes:

Questions and Prompts

1. *What factors helped you feel more confident in your peer educator role?*
2. *How can you support others to build their own confidence?*
3. *What did you learn about yourself through sharing and listening today?*
4. *Which activities from the training helped you grow the most?*



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