Confidence Workshop

20TH OCTOBER 2026







We held a workshop for the Brighton Unemployed Centre Families Project on how to develop confidence by looking at how we can feel a sense of belonging in a space, and showcase this through our physicality and voice. Starting with playing some games, we moved on to tell stories about objects; developing characters and concepts. We then turned these stories into still images and each pair performed this while I read their story out. Ending the session with a check out allowed for some brilliant reflection overall from the session.

AN ENGAGING AND SUPPORTIVE WORKSHOP LOOKING AT CONFIDENCE

This was an incredibly engaging workshop, and allowed for people to explore confidence in a low stakes and supportive environment. In doing so, the group reflected on the workshop and agreed that it made them think deeply about topics and feel overall more confident. They collectively agreed that they were able to showcase what they had acheived during the sessions at the end in a way that allowed them to feel confident to do so.

