

CHILDREN TRAINING SERIES

Confidence Building + Stress Management + Self-Management for Kids

Help your child stay calm under pressure, believe in themselves, and take charge of their own emotions, habits, and daily life with confidence.

"Helping Children Stay Calm, Confident & in Control."

Children today face many challenges. They have schoolwork, homework, exams, competitions, friendships, family responsibilities, and busy daily routines. Sometimes these situations feel overwhelming — even for adults. For children who do not yet have the emotional tools to manage this pressure, the result can be stress, anxiety, low confidence, and a sense of being out of control.

The **Confidence Building, Stress Management & Self-Management for Kids** program at GroomX Finishing Academy is a specially designed three-in-one course that addresses three of the most important areas of a child's emotional and personal development — all in one comprehensive, engaging, and age-appropriate program.

This course helps children understand what stress is, why they feel it, and how to manage it in healthy ways. It builds genuine, lasting confidence — not just telling children they are great, but giving them real experiences and skills that make them feel capable, valued, and secure. And it teaches self-management — helping children develop the habits, routines, and emotional control to take responsibility for themselves in a positive, age-appropriate way.

Every session is fun, interactive, and delivered in a warm, supportive environment where children feel safe to open up, explore their feelings, and practise new skills. Parents consistently tell us that after this program, their children are calmer, more confident, more responsible, and more emotionally resilient — skills that will benefit them for the rest of their lives.

Why Choose This Course

Build genuine, lasting confidence

Children gain real confidence through activities, achievements, and skills — not just positive words. They learn to believe in themselves based on what they can actually do.

Manage stress in healthy ways

Children learn what stress is, why it happens, and simple, practical techniques to calm down, think clearly, and handle pressure without becoming overwhelmed.

Develop emotional control and resilience

Children learn to understand their emotions, manage big feelings, bounce back from setbacks, and approach challenges with a positive, growth-focused mindset.

Build positive daily habits and routines

Self-management is about taking responsibility for yourself. Children learn how to build simple habits and routines that help them stay organised, focused, and consistent.

Improve behaviour at home and school

When children feel calmer and more confident, their behaviour naturally improves — at home with family, at school with teachers, and with friends and peers.

Fun, engaging, age-appropriate learning

All sessions use stories, games, art activities, role-play, and group discussions — so children genuinely enjoy learning these important life skills.

Module Outline — Part 1: Confidence Building

The first section of this program focuses on helping children discover and believe in their own strengths — building the kind of real, deep confidence that comes from within.

1 What is confidence and why does it matter?

Children learn what confidence actually means — and importantly, what it does not mean. Confidence is not about being the loudest or the best at everything. It is about believing in yourself even when things are hard. This module introduces the concept through stories and simple activities.

2 Knowing your strengths — discovering what makes you special

Every child has unique strengths and talents — but many children do not know what theirs are. Through guided activities and reflection exercises, children identify their personal strengths, what they enjoy, and what they are good at — giving them a strong, positive foundation to build confidence upon.

3 Positive self-talk — changing the voice inside your head

Many children have a harsh inner voice that says things like "I can't do this" or "I am not good enough." This module teaches children to notice these negative thoughts, challenge them, and replace them with encouraging, realistic, and positive self-talk that supports them through challenges.

4 **Handling mistakes and failure — growing from setbacks**

One of the biggest confidence killers for children is the fear of making mistakes. This module teaches children that mistakes are a normal, essential part of learning — and that how you respond to failure matters far more than the failure itself. Children practise a growth mindset approach to setbacks.

5 **Body language and confident presence**

Confidence shows in how you carry yourself — your posture, your eye contact, your smile, and your voice. Children learn and practise the body language of confidence so they not only feel more confident inside but also project it clearly to the people around them.

Module Outline — Part 2: Stress Management

The second section helps children understand what stress is, how it affects them, and how to manage it in healthy, practical ways that they can use in their daily lives.

6 **What is stress — understanding why we feel it**

Children learn what stress is in simple, age-appropriate language. They discover that stress is a normal human response to challenging situations — and that understanding it is the first step to managing it well. This module uses simple examples that children relate to immediately.

7 **Common stress triggers for children**

What makes children stressed? Exams, conflicts with friends, pressure to perform, changes at home, too many activities, or not feeling good enough. This module helps children identify their own personal stress triggers — an essential step in learning how to manage them.

8 **How stress feels in the body**

Children often experience physical signs of stress — a tight stomach, a headache, trouble sleeping, or a fast heartbeat — without connecting these to stress. This module helps children recognise their personal physical stress signals early, so they can respond before stress builds up too much.

9 **Breathing and relaxation techniques**

Simple, powerful, and immediately usable — breathing and relaxation techniques are among the most effective stress management tools available to children. Children learn and practise deep belly breathing, the 4-7-8 breathing method, progressive muscle relaxation, and simple mindfulness exercises they can use anywhere, anytime.

10 **Healthy ways to deal with stress**

Some children deal with stress in unhealthy ways — withdrawing, overeating, avoiding problems, or acting out. This module teaches healthy alternatives — physical activity, creative expression, talking to a trusted adult, spending time in nature, and other positive coping strategies that actually reduce stress rather than adding to it.

Module Outline — Part 3: Self-Management

The third section builds the everyday habits, routines, and personal responsibility skills that help children manage themselves — their time, their emotions, and their behaviour.

11 What is self-management and why it matters

Self-management means taking responsibility for your own actions, emotions, time, and habits. This module introduces the concept in a simple, relatable way — helping children understand that how well they manage themselves has a direct impact on how happy, successful, and in control they feel in daily life.

12 Goal setting for kids — small steps to big achievements

Children learn how to set simple, achievable goals — for school, for personal growth, or for relationships. They practise breaking big goals into small daily steps, tracking their progress, and celebrating their achievements — building the habit of purposeful, self-directed effort from a young age.

13 Building positive daily routines and habits

Habits and routines give children structure, reduce decision fatigue, and make it easier to stay on track. This module helps children design simple morning and evening routines, understand how habits are formed, and learn practical strategies to stick to positive habits even when motivation is low.

14 Taking responsibility — owning your actions and choices

Responsibility is a core part of self-management. Children learn the difference between making excuses and taking ownership — and why taking responsibility for their actions, even when it is hard, builds character, earns respect, and leads to better outcomes in every area of life.

15 Final practice — personal confidence and self-management action plan

In the final session, children bring everything together. They create their own personal action plan — identifying their top three strengths, one stress management technique they will use, and one daily habit they commit to building. The trainer provides warm, encouraging, personalised feedback to every child.

What Children Gain From This Program

✓ Genuine, lasting self-confidence

✓ Ability to manage stress and stay calm

✓ Positive self-talk and growth mindset

✓ Healthy coping strategies for pressure

✓ Confidence in body language and presence

✓ Simple daily habits and positive routines

✓ Personal goal-setting skills

✓ Greater emotional resilience and responsibility

Who Is This Course For?

Children aged 6–16

Content and activities are carefully tailored to age groups — younger children and teenagers both have an engaging, relevant experience.

Parents

Parents who want their children to feel more confident, handle stress better, and develop the habits of a responsible, self-aware young person.

Schools

Schools looking to add a structured life skills and emotional wellbeing program to their student development curriculum.

Frequently Asked Questions

My child seems fine most of the time. Do they still need this course?

Yes. This course is not only for children who are visibly struggling. The skills taught — confidence, stress management, and self-management — are foundational life skills that benefit every child, regardless of how they appear on the surface. Building these skills early prevents problems later.

How are sessions conducted for younger children versus teenagers?

Sessions are fully adapted to the age group. Younger children learn through stories, art, play, and simple activities. Teenagers engage through reflection, discussion, goal setting, and real-world scenarios. Both groups find the experience engaging, relevant, and enjoyable.

Will I as a parent see a difference after the course?

Most parents notice changes within the first few sessions. Children begin to manage frustration more calmly, speak more confidently, and take more initiative in daily responsibilities. The final session includes a personal action plan that children share at home to continue the progress.

How is the course conducted?

Contact us at 9036111000 or visit our office to learn about current batch schedules, group sizes, and format options. Both individual and small group sessions are available.

What Parents Say

★★★★★

"My 12-year-old was getting extremely anxious before every exam. After this course, she uses the breathing techniques on her own, makes a study plan, and is so much calmer. Her exam performance has actually improved too."

Kavitha N.

Parent of 12-year-old, Bangalore

★★★★★

"My son used to give up at the first sign of difficulty. After the confidence building sessions, he now tries again when things go wrong and tells himself 'I can figure this out.' The change in his attitude has been remarkable."

Suresh A.

Parent of 9-year-old, Bangalore

Give your child the inner strength to thrive

Join GroomX and help your child build the confidence, calm, and self-management skills that will support them through every challenge life brings.

Call us: 9036111000 | Visit our office in Bangalore anytime