



**Maia Dreams**  
CONFIDENT DREAMS



# about CONFIDENT ME

## A little bit about our Humble Beginning

The Confident Me programme is work Kristyl Noho created and has been developing and facilitating for 12 years. She has had the privilege of working alongside thousands of Tamariki and Rangatahi with this programme. The programme teaches our Future Leaders how to equip themselves to be more confident. Teaching tools like: creating habits, grounding, mindfulness, body language, self awareness, emotional awareness, focus, physical awareness, self management, ensemble work, public speaking, body posture, self reflection, ownership, personal challenges, energy, team work, group participation, dance, voice, singing, drama and more.

# 01

# 02 PROGRAM DESCRIPTION

This programme uses 3 areas to explore the work. The core value used as the foundation for this programme is Tikanga Maori. Performing Arts and Personal Development are the vehicles to teach our Tamariki/children and Rangatahi/youth principles and skills to build their confidence. Each programme is adapted and individualised to delve deeper into the work depending on the age, dynamic and needs of each student & each group.

Confident Me is very interactive as we understand that there are many ways to teach different skills and different ways that all students learn. Our objective is to teach students so that they are able to build their own self confidence through the work we explore. We are moving, singing, writing, running, dancing, moving, creating, discussing themes, microphone work, group work and more. Throughout the programme the students create and devise a 10 -20 minute showing which they show to their peers, schools and/or parents. Many of the students also have the privilege of being a part of local festivals and events. This offers students more opportunities to use Performing Arts as a platform to build their Confidence.

## Performing Arts

Performing Arts: There are many personal benefits to getting involved with Performing Arts, particularly for people who are shy or lack confidence. The skills they learn and the benefits of the programme they usually do not find in the outside world. Instead of just gaining knowledge about exterior things and the world around them, they also gain knowledge about who they are, what they can do, how to stand, use their bodies, the use of their voice, how to engage, read an audience, how they present themselves, articulate their thoughts, share their own stories and so much more. It is also important to remember that the Arts build cultural bridges, bringing greater understanding and communication in our diverse society. Studies have also shown that people who participate in the performing arts, form stronger ties with the community and those around them. Using Performing Art as a vehicle also allows them to use those techniques and strategies in a practical way.

# Personal Development

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Personal development is not a subject taught within the school curriculum or many times in not taught within the home and yet is an important part of our own personal growth throughout life. Strategies taught in Personal Development has proven to improve not only people's lives but their interactions with the world around them. In this programme they explore who they are through various techniques and strategies that can be easily implemented into their lives. Some areas are learning about intentional directions, paradigm shifts, reprogramming, mirror work, changing states instantly, learning to filter through thoughts, read body language, attitude and energy to name a few areas. This helps people to learn more about themselves and how they can take charge of their responses and feelings. They learn to understand that they are responsible for their thoughts, emotions and this gives students the responsibility to take ownership of their own lives. We aim to share many strategies with our students to help equip them with tools to navigate throughout their lives.

## Tikanga Maori Values

### TIKANGA MOARI VALUES USED THROUGHTOUT THIS PROGRAMME

#### WHAKAWHANAUNGATANGA MANAKITANGA:

- It is a measurement of people's ability to extend aroha

#### WHAKAWHANAUNGATANGA MANAKITANGA:

- It is a measurement

#### KOTAHITANGA:

- Oneness

#### RANGATIRATANGA:

- Self governance

#### MOHIOTANGA:

- Sharing of information

#### MARAMATANGA:

- Understanding

#### WAIKUA:

- Spiritual well being

#### TIKANGA:

- The placing into practice that which is correct

#### MAURI:

- It is me it is my uniqueness



# 10 Week Session

## Session One

Vision Board  
Goal Setting

## Session Two

Name/Ingoa History  
Pepeha  
Family History

## Session Three

Emotions  
Strengths and weakness

## Session Four

Building Healthy Friendships  
Internet Safety  
Culture of Bullying

## Session Five

Performing Arts  
Drama, Dance, Singing

## Session Six

Body Language & Awareness  
Focus & Grounding  
Mindfulness

## Session Seven

Tikanga Maori  
Mau Rakau  
Poi  
Waiata

## Session Eight

Team Building  
Arts & Expression  
Scavenger Hunt  
Session Recap Quiz

## Session Nine

Microphone work  
Sharing our Talents

## Session Ten

Reflections & Presentations  
Celebration

04



*“building  
CONFIDENCE  
is not an  
OVERNIGHT  
process  
BUT AN  
on going  
ONE”*

05

# 06

## A Few Of The Area's Covered In Confident Me Sessions



**VISION BOARD**



**GOAL SETTING**



**DRAMA / ACTING**



**DANCE / MOVEMENT**



**SINGING / VOICE WORK**



**PUBLIC SPEAKING**



**MINDFULNESS**



**COMMUNITY**

## More Areas The Programme Covers

Identity  
Self Awareness  
Focus  
Grounding  
Behavior  
Repetition/Habits

Self Belief  
Public Speaking  
Discipline  
Body Language  
Self Management  
Self Regulation

Building Trust  
Body Language  
Listening  
Emotions  
Communication  
Self Worth

Mirror Work  
Emotional State Changes  
To Never Give Up  
Boss of their emotions  
Creation  
Teamwork

## These Areas Help Build

Confidence  
Ownership  
Teamwork  
Compassion  
Creative Thinking  
Posture  
Self-Confidence  
The ability to converse with adults

Self Awareness  
Focus  
Responsibility  
Problem Solving  
Self Esteem  
Empathy  
Self Management  
Leadership

The ability to organize and prioritize thoughts  
Self Reliance  
Collaboration  
Abstract Thinking  
Self Discipline  
Reasoning  
Higher Self Esteem



# Confident Me Programme Pricing

## PROGRAMMES RUN FOR TAMARIKI AND RANGATAHI IN SCHOOLS

- Full term: 10 x sessions
- 1.5-2 hour sessions once a week
- 15- 20 Students per programme
- If there are more than 20 students the pricing may increase
- 2 Facilitators

## COST OF THE PROGRAMME

- \$2500 + GST for a Term Programme

## WHAT WE REQUIRE

- We have learnt from delivering this programme for over a decade that in order for our students to gain the best outcomes we need support from schools and parents. We would like to present to staff & parents if possible what we are delivering in the programme. That way the tools that we are sharing can also be implemented outside of the programme to better equip our students to create long lasting changes.
- A lead teacher or staff that we can talk to about the progress of the group/individual & debrief after sessions.
- If there is particular kawa/protocol you have in your kura/school we would like to learn about them so we can also incorporate them into our work to compliment what is already been done with students.

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# Programme Feedback

"My daughter was struggling in her life with almost everything, she would cry alot & be hurt easily, she would doubt herself & give up on trying out things, she would think shes not beautiful because she thought everyone thought she was ugly 😞 & it hurt me to the core to see her this way. I would go to bed crying at night because my daughter was going through all this. Then one day I saw Kristyl put up a post on fb about this Confident Me Programme, so I thought we'll give this a shot. My daughter loves the confident me programme, i love it too. This is my daughter's 2nd time signing up, she's so excited to go every week and tells me things she has learnt and then she tries to apply it to her everyday life 😊 i have noticed my daughter shines a bit brighter and is happy in herself. Her confidence is higher than it use to be, i am so happy that now i cry happy tears for my girl ❤️ thankyou so much to everyone from Maia Dreams for all the love & effort that's put into my child, she is a much happier young girl."

- Luana Tahu (Parent)

"When my daughter started school she was so quiet would play by herself was NOT able and I mean would not no matter what you bribed her with she wouldn't say please, Thank-you, Sorry ect, she wouldn't talk much, after 1 term of her being in confident me she all of a sudden was making friends, talking a lot, laughing and socializing, and she also all of a sudden came home and could read so well and spell very well aswell!!! she would ask over and over when the next confident me was and it was the only thing she would talk about to do with school! She loves Kristyl ALOT 😊😊😊😊 THANK-YOU FOR BRINGING MY GIRL OUT OF HER SHELL SHE WAS CAPABLE OF THINGS I NEVER EVEN KNEW ABOUT. "

-Nicole Petrowski Anne (Parent)

"Maia Dreams have been amazing with my girl from day dot. Kristyl and her amazing team have welcomed all tamariki with open arms, warm hearts and big smiles. My girl since her first session last term has come home so happy, eager to tell me of her time, work on her mahi and as time has gone by her whole aura has become glowing.

Her confidence is out the roof!! From shying away from whanau convos, hiding in her room when we had visitors, and hard to communicate with at kura- she now puts her hand up, has general conversation with family friends etc and able to make friends outside of school ie. at the park, maccas etc. I can't recommend the Confident Me programme enough, for our whakama tamariki or even enhancing the mana they already have. Again, thank you Kristyl and her kaiawhina for making my girl her Confident Me. xx"

- Jade Tawhai (Parent)

# 09

# Programme Feedback

*"Her confidence is out the roof!! From shying away from whanau convos, hiding in her room when we had visitors, and hard to communicate with at kura- she now puts her hand up, has general conversation with family friends etc and able to make friends"*

- Jo (School Social Worker)

*"Kristyl and her amazing team are wonderful. I am a teacher and have taught children who have attended the Confident me Program. This initiative has helped so many children reach their full potential and who I have watched grow and succeed. Kristyl is able to really "get" these kids and finds their strengths and utilises them to help them succeed. I love how they are then able to transfer those skills to their everyday lives. They become more confident, they speak up more in class, they smile, they communicate, they interact with peers and they can hold conversations. I also love how this programme is not just a quick fix, it involves and gives these kids skills for life. Just awesome!!"*

-Trina Yorke (Parent)

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