



**INTERNATIONAL  
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INFLUENCERS**



# PROJECT REPORT

**Name of the Course: INTERNATIONAL MASTER DIPLOMA IN GUIDANCE & COUNSELING**

**Conducting Organisation: International Institute of Influencers**

**Title of the Project: Project Case Studies Using the GROW Model**

**Criteria for doing the project: Structured Approach to Workplace Coaching Evaluation**

**Submitted To: Dr. Shama Hussain**

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*"The impact of a dedicated coach on a child's life is immeasurable, planting seeds of confidence and self-belief that last a lifetime."*

As dedicated coaches in our church's children ministry, we strive to empower young individuals by fostering their self-confidence and self-esteem. Utilizing the GROW Model, we guide them through a structured approach to personal development, helping them build essential interpersonal skills and a positive self-image. This initiative not only enhances their confidence but also enriches their spiritual and social lives.

Self-confidence is a crucial aspect of personal growth and success in various areas of life. Through the application of the GROW Model, individuals can effectively build and enhance their self-confidence.

During in our times before, we conduct children ministry inside of our church. I have interview some of the children on how to build self-confidence.

Goal: To help the children build self-confidence and improve their overall self-esteem.

1. Establish the **Goal:**

During our initial coaching session, Children expressed their desire to feel more confident in their abilities and develop a positive self-image towards each other. Together, we identified their goal as “Building self-confidence to pursue their interpersonal skills opportunities.”



2. Next, I Explore their Current **Reality:**

To understand Children’s current situation, we discussed the factors contributing to their lack of self-confidence. This included exploring their past experiences, limiting beliefs, and any external influences affecting their confidence levels.



### 3. And I Generate some **Options**:

Next, we brainstormed various strategies and techniques that could help them build self-confidence. Some of the options we explored were:

- Daily affirmations: Encouraging Children to repeat positive affirmations about themselves regularly.
- Visualization exercises: Guiding them through visualizing successful outcomes and building confidence through mental imagery.
- Seeking feedback and validation: Encouraging them to seek constructive feedback from trusted individuals or friends and using it to reinforce their strengths.



### 4. Establish the **Way Forward**:

After discussing the available options, Children decided to implement daily affirmations, visualization exercises, and seeking feedback as their primary strategies for building self-confidence. We established specific action steps for each technique, ensuring they were realistic and measurable.



Results:

Over a period of four months, Children diligently practiced the strategies we identified. Gradually, they noticed positive changes in their self-confidence levels. They became more assertive in others, took on challenging journeys, and started to explore some building a relationship towards others and share some word of God and fun activities. Children reported feeling more empowered and self-assured, which significantly contributed to their personal and interpersonal growth and surrender their life to God.



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