



Your **Trust** gives me wings

Building confidence takes longer than losing it.

Being confident means you feel

- you can count on your own capacities to face everyday life problems
- you can find help for solving your problems

- you believe that you will be able to manage effectively

How can I help myself and others become more confident?

For more: être bien dans sa tête.com

The energy of an association! The strength of a network!

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