

Confidence Bootcamp

Give your son or daughter the skills they need to thrive!

This summer, build confidence and develop essential communication skills needed to make meaningful connections in a supportive environment.

OUR 4-DAY BOOTCAMP IS PACKED WITH:

1. **PRACTICAL CONFIDENCE COACHING:** Actionable techniques to navigate social situations with ease.
2. **PUBLIC SPEAKING PRACTICE:** Coaching and practice to boost confidence in front of any audience.
3. **DRAMA-BASED ACTIVITIES:** Situational practice to improve communication skills in real life scenarios.
4. **STRESS MANAGEMENT TOOLS:** Breathwork, meditation, and visualization techniques to stay calm under pressure.

KEY DETAILS:

Price: \$397 (eligible for insurance coverage)

Dates: Tuesday, August 5th - Friday, August 8th for ages 16-19

Time: 1:00pm - 3:30pm

Location: 420 Bronte St. S #214, Milton, ON L9T 0H9



Expert Instructor



LARRY LA GAMBA

Certified OCT teacher and confidence

Coach with years of experience working with local youths.

