



Co-funded by
the European Union

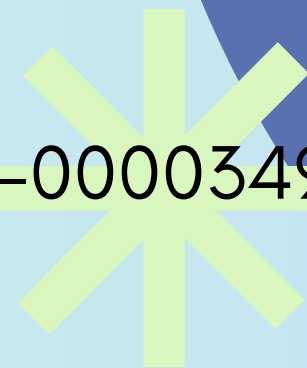
Disadvantage turned into Vantage" (Di-Va)

PROGRAMME: ERASMUS+

KEY ACTION: KA2 SMALL-SCALE PARTNERSHIP

ACTION TYPE: SMALL-SCALE PARTNERSHIPS IN ADULT
EDUCATION

PROJECT REFERENCE: 2021-1-IT02-KA210-ADU-000034916



Disadvantage (turned
into) Vantage

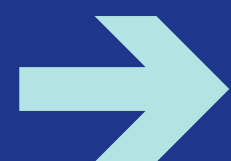


Co-funded by
the European Union

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



Co-funded by
the European Union



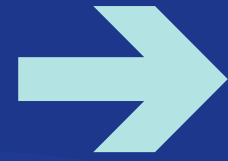
How to improve self-confidence through dance?

Dance can be a powerful tool for improving self-confidence.

Here are some ways you can use dance to boost your self-confidence:



Embrace your uniqueness



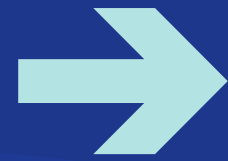
Dance allows you to express yourself in a unique and personal way. Embrace your individuality and celebrate what makes you different.

Instead of comparing yourself to others, focus on developing your own style and enjoying the process of self-expression.



Co-funded by
the European Union

Practice regularly



The more you practice, the more comfortable and confident you will become.

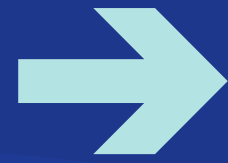
Dedicate regular time to dance practice, whether it's taking classes, attending workshops, or practicing at home.

As you improve your skills and become more familiar with the movements, your confidence will naturally grow.



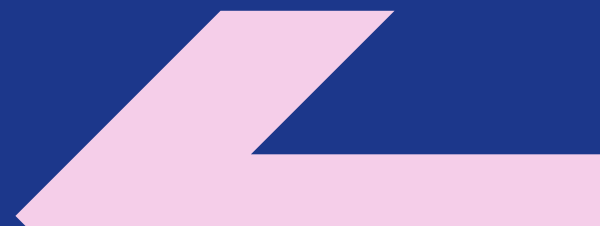
Co-funded by
the European Union

Set realistic goals



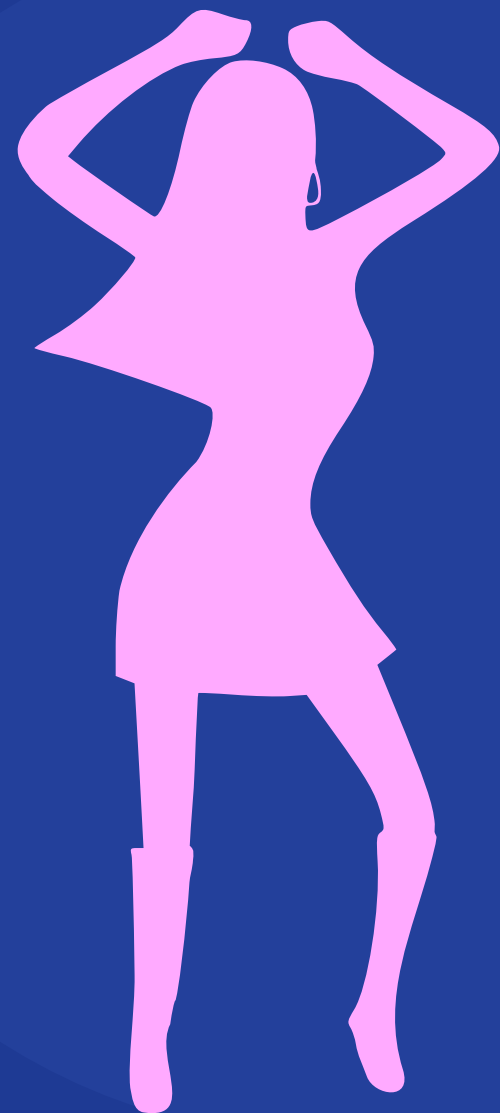
Set achievable goals for yourself in dance. Break down your goals into smaller, manageable steps, and celebrate each milestone along the way.

Working towards and achieving these goals will give you a sense of accomplishment and boost your confidence.



Co-funded by
the European Union

Focus on progress, not perfection →



Remember that dance is a journey, and everyone progresses at their own pace. Instead of striving for perfection, focus on your progress and the improvements you make over time.

Celebrate even the smallest achievements, as they all contribute to your growth as a dancer.



Co-funded by
the European Union

Positive self-talk →

Pay attention to your self-talk during dance practice.

Replace negative thoughts or self-criticism with positive affirmations.

Remind yourself of your strengths, acknowledge your efforts, and believe in your ability to improve.

Be kind to yourself and cultivate a positive mindset.



Co-funded by
the European Union

Perform and share your dance →

Performing in front of others can be nerve-wracking, but it's an excellent way to build confidence.

Start by sharing your dance with supportive friends or family members, and gradually expand to more public settings.

Each performance experience will help you become more comfortable in your own skin and boost your self-assurance.



Co-funded by
the European Union

Seek feedback and constructive criticism →



Ask for feedback from your dance instructors or experienced dancers you trust.

Constructive criticism can be invaluable for improvement.

Embrace feedback as an opportunity to learn and grow, and don't take it personally.

Use it to refine your technique and develop as a dancer.



Co-funded by
the European Union

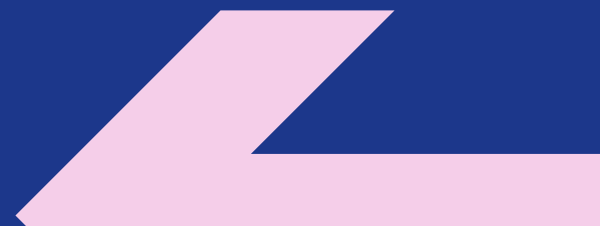
Surround yourself with supportive people



Surround yourself with positive and supportive individuals who believe in your abilities.

Join dance communities, participate in group classes, or connect with like-minded dancers.

Sharing your passion for dance with others who share the same enthusiasm can foster a supportive environment and boost your self-confidence.



Co-funded by
the European Union

<https://www.piattaformaprogetti.eu/disadvantage-turned-into-vantage/>

