



The Confidence Series

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MANNERS 101



What is Confidence?

Self-confidence is the ability to trust yourself to be and do whatever it is that you want in the world.

MyGirl Coaching is an organization that grows confident women and confident girls!

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Frameworks and structures are a great source of confidence for kids because they give them a way of knowing what to expect in a given circumstance as well as knowing what is expected of them. Teaching your daughter proper manners is an easy way to assist her in making sense of the world around her. With such manners she will enjoy more positive responses from children and adults alike because her behavior shows she cares about being considerate and that she respects other people. In turn, the positive responses she gets will bolster her own self-confidence. Simple tips include:

- * **Greet others by name** (addressing adults as Mr. or Mrs.) and always acknowledge someone's presence.
- * **Look adults in the eye** and respond when spoken to.
 - * **Say please and thank you** when appropriate.
 - * **Do not interrupt others.** Either wait your turn to speak or say excuse me.
 - * **Show table manners** such as chewing with your mouth closed and not talking when your mouth is full!