

4.5: Outcome 5

Confidence and character

Participants are developing personal confidence and character through taking on challenges and achieving success.

Indicators

The participants you work with:

- » Overcome their apprehensions to take part in new opportunities and experiences and challenging activities.
- » Want a second go at things they find challenging first time.
- » Show determination and perseverance to achieve their goals.
- » Develop resilience through perseverance where before they felt they could not succeed.
- » Feel proud of what they have achieved.
- » Want to move forward to the next challenge.
- » Talk openly about their successes and their failures.
- » Can recognise, reflect on and learn from their mistakes.
- » Can apply learning from one setting to another.
- » Feel positive about themselves – have a 'can-do' attitude.
- » Display more social confidence – 'come out of their shell'.
- » Feel they can make a positive contribution to the success of their group, school, club or community.
- » Are able to recognise how they can modify their behaviour to overcome future challenges both in the outdoors and their everyday lives.

If you are providing high quality outdoor learning, most people should be meeting or progressing towards some of the above indicators.

1 of 1

