



## — AMUNDSEN PARENT SERIES —

# Keys to Confidence: Unlocking Your Potential

• PARENTS AND TEENS WELCOME •

Tuesday, May 7, 2024  
6:30-8pm

Confidence is a critical ingredient in the recipe for success. It's important to understand our own relationship with confidence, so we will spend some time considering how life could be different if you had more of it. We will also discuss three types of confidence and learn about eight different techniques for building up your own confidence.



**The host of this virtual presentation will be Matty May.** Matty is a certified professional life and leadership coach, a parent of two teenagers, and a long-time Amundsen supporter and volunteer.

**REGISTER TODAY!** <https://tinyurl.com/AHSParentSeries050724>



The Amundsen Parent Series features educational sessions scheduled throughout the school year on a wide range of topics of interest to parents and guardians of Amundsen students. Organized and sponsored by Friends of Amundsen.