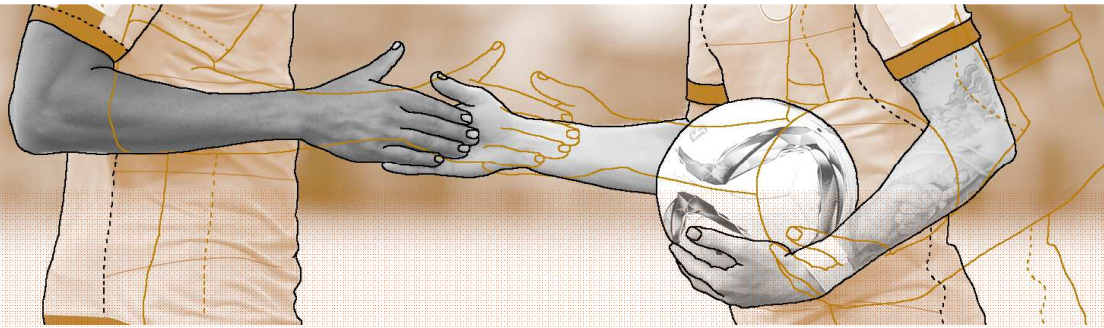


## TEACHING RESOURCES FOR FAMILIES



**Douglas Luiz: “ I’m proud to be from the favela. I’ve proved we can make it”**

### Ekkono questions:

- Do you think that having confidence and security in ourselves can be of great help in sports results?
- Do you think that gaining confidence is believing in one's ability to improve and excel?



### The value of: Confidence

Ekkono believes that having confidence that you can do it, and how we feel about this confidence, will determine motivation and whether the goal can be achieved.

**Douglas Luiz, Brazil**

