



Kathie Gwilliam

AUTHOR | SPEAKER | PODCAST HOST



Helping Students Rise Above Comparison



Helping educators create **classroom** cultures rooted in **confidence, belonging, resilience, and connection.**

About Kathie

Kathie Gwilliam is an author, speaker, and host of the **Project Confidence** podcast, who helps students and educators overcome the harmful effects of comparison and build healthier cultures of confidence, connection, and resilience.

Experience in Education

- Wellness Room Specialist at Oquirrh Hills Middle School
- Picture Book Author & School Assembly Presenter
- Substitute Teacher Across Multiple Grade Levels
- Former Preschool Teacher at Challenger School

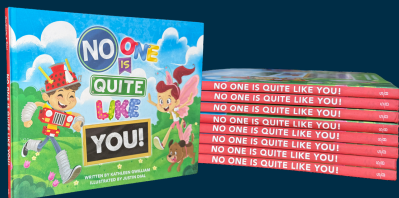
Available for

Professional development keynote or workshop, assemblies and author visits, family literacy & parent nights



Anytime we can be encouraged to see the incredible uniqueness in ourselves and how wonderful that is, it's a great thing. I would recommend this presentation to other schools.

Tara Archer, M.Ed.
Director North Star Academy



Let's Work Together
Contact for pricing

THE CONFIDENCE CLASSROOM

Creating Cultures Where Students Feel
Seen, Safe, Connected, and Capable

Students today are growing up in a world saturated with comparisons through media, sports, academics, appearance, peer pressure, family expectations, and much more. Many students who appear unmotivated, disengaged, or perfectionistic are silently struggling with feelings of inadequacy and self-doubt.

In this uplifting and practical program, Kathie Gwilliam helps educators identify comparison-driven behaviors in students plus the negative consequences they bring, and learn to recognize the language patterns that reinforce them. She then equips audiences with actionable tools to build healthier, more supportive classroom cultures through her SOAR and AIR frameworks.

Through powerful storytelling and actionable classroom strategies, educators leave equipped to help students feel seen, safe, valued, connected, and capable of growth.



EDUCATORS WILL LEARN TO:

- ✓ Recognize hidden comparison-driven behaviors
- ✓ Build confidence without promoting perfectionism
- ✓ Foster classroom belonging and emotional safety
- ✓ Help students reframe negative self-talk
- ✓ Encourage resilience and participation
- ✓ Replace unhealthy comparison with healthy growth mindsets
- ✓ Create classroom cultures where students rise together.
- ✓ Drop language that invites comparative thinking

THE SOAR METHOD

Helping Students Navigate Comparison

- S** State the comparison
- O** Observe the results
- A** Acknowledge why it's unfair
- R** Replace the thought or action

THE AIR PRINCIPLES

Building Connected Classrooms



APPRECIATION
FOR OTHERS



INSPIRATION
TO TRY NEW
THINGS



RECOGNITION
OF PERSONAL
STRENGTHS

Students flourish when comparison is replaced with appreciation, inspiration, and recognition.



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