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**Module 3 – Developing your confidence and skills**

**Slide 9**

**Were the words of the massage story interesting and engaging? Did you allow sufficient time to process the words and stimulate their imagination?**

**Was the experience relaxing and enjoyable? If not, then think about why? Were you nervous? Were you reading a little too fast? Did you forget to do repetitions of the strokes? Were the strokes a bit juddery? This is all perfectly natural when we are learning. The more you practice, the easier it becomes.**

**What could be improved? Would it be better with a different choice of strokes?**

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**Module 3 – Developing your confidence and skills**

**Slide 18**

Self-reflection

**Think about the feedback that you have been given during this module. Write down the three most helpful comments.**

**Consider where you are planning to share the Story Massage Programme. Are you confident with the guidelines for respectful touch in different settings?**

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**Module 3 – Developing your confidence and skills**

**Slide 19**

Homework

**Choose a massage story from the course book and practice it on a different part of the body – maybe hands, feet, legs, arms or face. How does it feel? Is it easy to adapt the strokes?**

**Get a few friends/colleagues together and explore the difference between sharing massage stories as a one-to-one activity, and in a circle or a line. Can you see how these might be suitable for different occasions?**

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