

Teaching Chapter Four – Doubt & Confidence - Transcript

This chapter is called Doubt and Confidence and it features the, um, poem 'Spark' which is the core of the programme. 'Spark' as a poem is extremely personal because it's almost, like, a reminder a mantra, a, something to keep in mind that - even when you're at your lowest point and you're feeling really detached, really dejected like really really low or just not feeling like you are doing yourself any favours - just knowing that a tiny spark can start a wildfire, that is something to hold on to, to knowing that there is something in you that means that even when you're not feeling like you're living your best life you still have the ability to, you still can it's not something that's gone forever it's something that you can bring back and it will come back. Spoken Word can be that spark. Having the tools and the confidence to be able to commit to page and to performance things that you were feeling, things that you were going through, things that you are figuring out and things that you know to be true is something that will never leave you and I wish that I had that when I was in high school. I wish that I knew that all the things I was going through, I wish I had a means of trying to contextualize them and figure, figure them out the way that spoken word allows me to figure things out now.