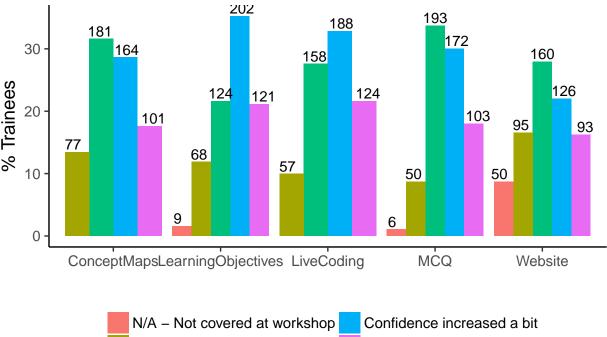Confidence to use methods after workshop