

CONFIDENT ME

Self Esteem

Workshop

Workshop:	Confidence Building Workshop
Facilitator:	Fawn Einarson-Nielsen
Duration:	90 Minute Workshop
For:	Grade 9-12 Students Youth and Youth Adults Adults Newcomer transitioning to Canada Adult Learners Young parents and/or stay-at-home parents Men/women transitioning back into society from the justice system

Overview

An interactive workshop to help individuals identify low self-esteem feelings such as; self loathing and worthlessness, poor body image, oversensitivity, fear and anxiety, anger, people pleasing and perfectionism. Practical 'how to' exercises lead participants to self acceptance and improved confidence.

Benefits

- ✓ Participants learn the negative impacts of low self-esteem
- ✓ Participants identify and correct self-sabotaging behaviours.
- ✓ Participants analyze their circumstances and create a powerful optimistic plan to move forward.
- ✓ Participants develop strategies that support positive self growth.
- ✓ Participants learn how to promote themselves toward ideal job choices and/or self employment.

Workshop materials included.

