



Building Your Self Esteem and Assertiveness Skills

Description: *This course discusses how to turn the destructive cycle of low self-esteem around. Learn how to make a positive first impression, connect with people, identify distorted thoughts, and turn negative thinking into positive thinking. This course will not kill that inner critic, but it will help you get some control over it*

Session One: Course Overview

Session Two: What is Self-Esteem?

- Defining Self-Esteem
- Origins of Low Self-Esteem
- Putting Things in Perspective

Session Three: Improving Self-Esteem

- Stop Spreading Negative Messages
- Throw out Perfectionism.

Session Four: Building Self-Esteem

- Building Confidence in Others
- Creating Positive Impressions

Session Five: Increasing our Self-Esteem

- Assessing Internal Factors

Session Six: Esteemed Confidence

- Techniques that Work

Session Seven: The Power of Thought

- Negative Thoughts
- Flip it Around
- Tyrone's Thinking

Session Eight: Ask for What You Want

- What Do You Want?
- Case Study

Session Nine: Create What You Want

- Identifying Dreams and Setting Goals
- My Own Goal Setting
- Workshop Wrap-Up