

SELF ESTEEM AND RESILIENCE WORKSHOP

When we have good self esteem, we tend to feel positive about ourselves and about life in general. It makes us better able to deal with life's ups and downs and be resilient. If we have good self esteem, we are more likely to be happier as a person, have less mental health problems, be more likely to resist peer pressure and have better outcomes in life. This is an interactive workshop that looks at where our self esteem comes from, how it can affect us and best of all, how to increase it.

COURSE CONTENT:

- What is self esteem and where does it come from
- What causes low self esteem
- High vs low self esteem
- How self esteem can affect us
- How to increase self esteem
- Useful activities and resources

DATE:

**Thursday 31 January 2019
2pm - 4pm**

Conference Room,
Thornden School,
Winchester Road,
Chandler's Ford,
Eastleigh SO53 2DW

Includes tea and coffee on arrival

Free on-site parking

Cost: £49
(£30 if paying yourself)

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