

# What's in it for **ME?**

## **SELF-ESTEEM MASTERY**

Our life's work is ourselves. Some days our self-esteem rocks, other days it can literally be in the gutter. Attending this highly **interactive, and safe 5- day workshop** you will learn the following skills which will promote life-long healthy self-esteem.

- ★ What the heck is self-esteem?
- ★ How to be a great listener - active listening
- ★ What is your personality type and how it supports your self-esteem?
- ★ Personal positivity
- ★ The Practice of Living Consciously - living in the moment
- ★ The Practice of Self-Acceptance - self-appreciation
- ★ Validating your unique qualities
- ★ Values and beliefs that support your self-esteem
- ★ Choice mapping
- ★ The Practice of Self-Responsibility - motivation, integrity and life-long learning
- ★ Problem-solving and goal setting
- ★ Mastering your personal boundaries
- ★ The Practice of Self-Assertiveness - mastering positive self-talk
- ★ The Practice of Living Purposefully - live a life of value
- ★ The Practice of Personal Integrity - be your best self
- ★ Social media and its impact on self-esteem
- ★ Expand your emotional vocabulary
- ★ Cultural self-esteem practices

**DESIGNED FOR FIRST NATIONS BY FIRST NATIONS**