

Believe in yourself and your capabilities!

A workshop about the power of self-esteem



DESCRIPTION

In the professional world, we are often confronted with our weaknesses and failures. But what makes us more balanced, motivated and ultimately successful is to strengthen our self-esteem.

Being **conscious of our own value and capabilities:**

- changes our appearance and body language,
- enables us to open up to others (give constructive feedback, ask for support...),
- allows us to stand up for our needs and set our own limits,
- trains self-reflection and enables continuous improvement.

LEARNING TARGETS

- Understand how self-esteem is built and reflect on individual situation
- Explore challenging situations in which lack of self-esteem negatively impacts behaviours
- Identify and put forward own strengths, resources, sources of energy
- Work out options and methods to overcome future challenging situations

METHODOLOGY

- The learning approach is personal & interactive with a mix of theory inputs, group discussions, practical exercises and individual reflection
- Sharing experience and learning from others enhances individual self-reflection !

Call or email to schedule a preparation meeting! Click here:

