

Building Your Self-Esteem and Assertiveness Skills

Building your self-esteem is essential for confidence and success. And it all begins with you. Of all the judgments you make in life, none is as important as the one you make about yourself. Without some measure of self-worth, life can be enormously painful. In this workshop, you will discover some simple techniques that dramatically change how you feel about yourself. You will learn how to recognize the importance of learning self-acceptance, and nurturing your sense of self.

Workshop Benefits:

- Learn how to create positive self-expectations
- Begin setting goals to get more of what you want from life
- Develop “self-talk” messages that help build self-esteem
- Identify communication tools to help you be more assertive
- Learn how to say “no,” when “no” is the best answer
- Recognize key assertive behavior and techniques

What Will Be Discussed?

- ✓ Building Your Self Esteem
- ✓ Impressions
 - Putting Others at Ease
 - Positive First Impressions
- ✓ Fake it ‘til You Make It
- ✓ Increasing our Self Esteem
- ✓ Self Confidence
- ✓ The Power of Thoughts
 - Negative Thoughts
 - Flip it Around
 - My Hero
- ✓ Wipe Out Worry
- ✓ Ask for What You Want
- ✓ Communication
 - Interpersonal Communication Skills
 - Windows
- ✓ Connecting with People
- ✓ Behavior Cost-Benefit Analysis
 - What is the Cost?
- ✓ Analysis

