

Personal Development – Self Esteem.

Welcome to the Personal Development - Self-Esteem Course, do not worry it's not going to be that bad. In fact, I hope you engage with the challenges & it helps increase your self-esteem & you as a person.

Firstly, want to start by mentioning your safety during the course because we may touch on some sensitive topics. If working in a group session & you choose to share any stories about someone, you know or yourself it would be safer not to use any names or identify them, if you want to talk about it more it might be safer to speak afterwards to a key worker, outside agency, or Childline etc. if you prefer that.

Throughout the course, you may be set a range of activities, videos to watch etc. The more you put into the course the more you will get from it. This is the starting point to help you look & ask questions of yourself & maybe challenge your current learnt behaviour. You may find some parts of the course challenging & may want to work on the activities independently & share one-to-one with your key course worker at later date. The course design allows you to adopt self-learning & question yourself, but by engaging with your key course worker, you will enhance your development & course experience.

Rounded boxes like below mean you will have some questions to complete.

What does Self-esteem mean to you?

How can you tell when a person has high self –esteem? What do they do? How do they think?

How can the Programme help you to develop high self-esteem? What do you want?

What level of self –esteem would you place yourself at from a scale of 1 (low) to 10 (high).

1 2 3 4 5 6 7 8 9 10

So what is Self-esteem?

Self-esteem is the belief you place in your worth as an individual & represents self-confidence & pride.

High self-esteem helps you cope with whatever comes your way, for example if someone teases you for having acne. If you have high self-esteem & feel good about yourself that person's comments are not going to bother you. However, if it is a little low you might not want to go out or let people see you.

High self-esteem allows you to make good decisions. Your parents may want you to do one thing, & your peers might want you to do something else. People with high self-esteem have the confidence about making the right decisions for themselves. They do not worry a lot about what their peers might think of them.

People who have high self-esteem are happy to listen to advice from more knowledgeable people (such as teachers, parents etc.) & take on board that advice into their daily actions. They are able to listen to constructive criticism & learn from it, which is a very mature thing to be able to do.

"Hi, I will appear now & again & I will be setting personal targets or challenges (Self-Target Time) throughout the course to challenge you so you get the most out of this course. Each student will find the course different. *The initial worksheets are the starting point of the course & the work there after will be personally focused to your needs*".

