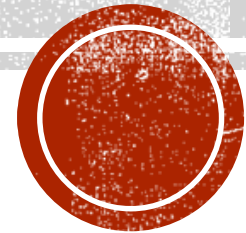


BUILDING SELF-ESTEEM

YWCA Building Sustainable Futures



Prepared by YWCA Metro Vancouver as part of the curriculum of **FOCUS@Work**, the program documented for Phases Two and Three of the YWCA Building Sustainable Futures project.

We reside on the ancestral and unceded territory of the **Coast Salish** people. We express our gratitude to the **Musqueam, Squamish** and **Tsleil Waututh First Nations**, and we value the opportunity to work, learn and share educational experiences on this traditional territory.





Explore your *strengths*

Expand your *self-awareness*





Self-Esteem

Why?

Power of choice

Full potential

Possibilities

Resiliency

True connection

Effective Communication

Tell Us Your Story:

Two truths and a lie

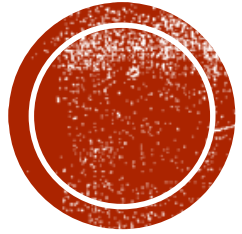




Meet Yourself: A User's Guide to Building Self-Esteem, Niko Everett (YouTube video)

<https://www.youtube.com/watch?v=uOrzmFUJtrs>





*What are the components that describe
healthy **self-esteem**?*

Self-esteem

- Low self-esteem robs people of the joy and vibrancy of their days.
- “Change your mind, and you change your life.” Neuroscience shows us that we can change our limiting beliefs, rewire our brains toward different ideas, and transform our neuropathways.
- Mindset of curiosity and openness about our own thoughts + techniques to challenge our limiting beliefs = greater possibilities for success and satisfaction.
- Potential areas of growth:
 - Self-awareness
 - Communication and connection
 - Risk-taking and boundaries in self-disclosure
 - Trust building through connection
 - Ability to demonstrate leadership
 - Increased vocabulary and ability to communicate strength-based skills





This Little Girl Knows How to Use Affirmations (YouTube video)

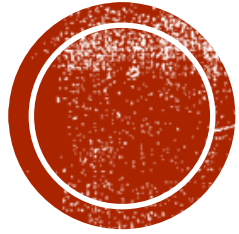
<https://www.youtube.com/watch?v=-W727P7oJHU>



What do you admire about yourself?



*What things do you want to turn
the volume up on?*



I am...





EVALUATION

