



PRESENTS  
**BUILDING  
SELF-ESTEEM &  
ASSERTIVENESS**



**TRAINING:**

# BUILDING SELF-ESTEEM AND ASSERTIVENESS

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. During this training 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.

Ø **How will you benefit?**

- 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, and when no is the best answer
- Learn how to make a positive first impression
- Discover ways to connect with people

Ø **What will you cover?**

- Building your self-esteem
- Putting others at ease
- Make positive first impressions
- Fake it 'til you make it!
- Internal self-esteem factors
- Projecting self-confidence
- Negative vs. positive thinking
- Distorted thinking
- How to wipe out worry
- Communication skills
- Giving and receiving compliments

Ø **Who is the trainer?**

Drs. Shira Saraç-Essed is a psychologist with experience in the area of drug rehabilitation for adolescents and adults. She has worked for the 'Coördinatiebureau Drugsbestrijding'. She has a Masters degree in Clinical & Health Psychology from Leiden University.

Ø **Training dates:**

Meeting 1: September 02<sup>nd</sup>, 2010  
Meeting 2: September 09<sup>th</sup>, 2010  
Meeting 3: September 16<sup>th</sup>, 2010  
**Time:** 18.30-21.00

**Price:**

Afl.595\*,-

**Location:**

To be announced

Ø **Number of participants**

To ensure effective participation from all participants the training insists on a minimum of 8 participants and a maximum of 15 participants.

\*Ask for our group discounts

