

Selfesteem to Empower Women



Are you looking to set stronger boundaries in your personal or professional relationships?

The Selfesteem to Empower Women is a one-day workshop designed to help women understand and strengthen their self-esteem. Through a combination of informative sessions, practical exercises, and group discussions, participants will explore how self-esteem is influenced, how to challenge negative self-talk, and how to set healthy boundaries in relationships. The course also provides tools for cultivating a positive self-image, empowering women to feel more confident and in control of their lives.

BENEFITS

You'll gain practical strategies to support self-esteem including increased self-awareness and insights into what shapes self-esteem. Participants gain tools to challenge negative thinking, adopt constructive self-talk, and build practical strategies for setting healthy boundaries in relationships. The course promotes emotional wellbeing and fosters greater confidence to handle personal and professional challenges.

OUTCOMES

During the course you will learn:

- A deeper understanding of self-esteem and the factors that shape it.
- Skills to identify and challenge unhelpful thinking patterns and negative self-talk.
- The ability to set and maintain clear, healthy boundaries in personal and professional relationships.
- Practical knowledge of self-care practices that enhance self-worth and emotional resilience.
- Increased confidence to handle life's challenges effectively.

WHO IS IT FOR

- Women 18 years+
- Women looking to boost their self-confidence and self-worth
- Women who want to create and maintain healthy boundaries
- Women ready to feel more empowered in their personal and professional lives