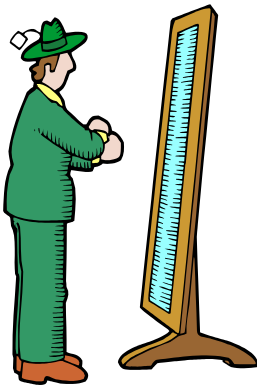




A NEEDED BOOST TO YOUR SELF-ESTEEM WORKSHOP

Is a workshop for people that want to understand what self-esteem is and how to boost it if someone has a low self-esteem. It will also provide techniques on how to maintain a healthy self-esteem. The information and exercises may bring up strong emotions, however, it will provide ways to look at life differently and value the person for who they are. The exercises will also be a way to open up conversations between facilitator and participants. It will also be an opportunity for peer-to-peer support.



WORKSHOP GOALS

At the end of this workshop, participants will:

- Understand what self-esteem is and is not
- Why self-esteem is important
- The difference between low and high self-esteem
- Have a better understanding of who they are, value themselves and appreciate who they are
- Understand ways to boost self-esteem

Participants will learn the workshop material in a way that helps each participant learn from themselves and each other. The discussion topics and exercises can be used with a small group or with individuals.

Resources will be provided to help participants learn new skills and apply the new ideas to their everyday lives.

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Inspiring people with developmental disabilities to drive change in their communities as engaged and empowered citizens.