

iCan improve my self-esteem and assert myself

This is a 3 session workshop - group members will need to commit to all 3 sessions as they build on each other in a progressive way.

In the first session we will explore some theoretical concepts of self-esteem. Individually you will have an opportunity to think about how and why you have created the internal picture of yourself that you now hold. Then together we will look at ways of challenging any unhelpful, negative self-beliefs in order to achieve a greater and more accurate sense of who we are.

In the second session we will look at assertive communication. This interactive and fun workshop aims to look at the meaning of assertiveness, our rights and responsibilities and consider the implications of speaking our minds. Together we will formulate assertive statements and learn how to use them in order to communicate more effectively in everyday life and particularly in tricky situations such as refusing requests and giving feedback to others about how their behaviour affects you.

In the final session we will review our experience of trying out assertive communication and look at ways of continuing to see ourselves in a more positive and empowered light.