

COURSE ON YOURSELF CONFIDENCE -ESTEEM



SELF-HELP FOR LOW SELF-ESTEEM

HOW LOW SELF-ESTEEM AFFECTS US

Emotions

Thoughts

Unhelpful thinking habits might include mental filter, mind reading, self-blame, internal

Behaviours

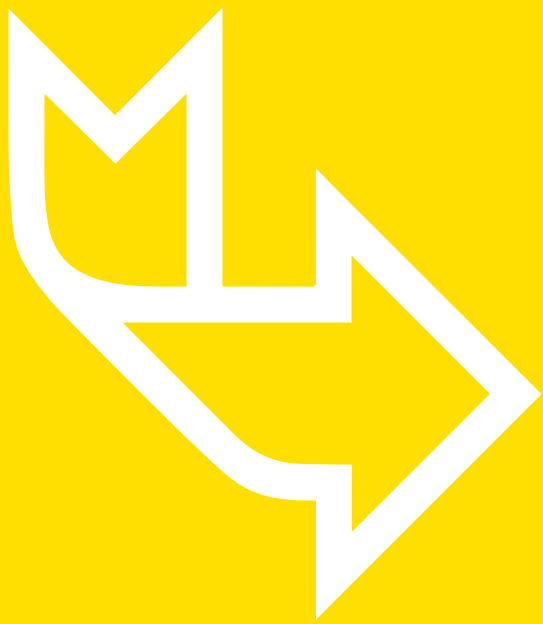
Identify the factors that help keep the problem going

Doing things differently

Stand, walk and talk confidently



GET IN TOUCH



If you're interested in finding out more

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