

# Self Esteem and Resilience

2 sessions exploring the importance of building and/or maintaining your self of self-worth which will help you cope with the stresses and strains of life

## Topics Explored:

How to maintain your wellbeing

What is self-esteem and resilience?

Thinking strategies to improve self-worth

The impact of low self-esteem and resilience

Practical strategies to cope with life's challenges

Practical strategies to improve self-worth

The benefits of improving sense of self-worth