



SELF-ESTEEM WORKSHOP

**THIS WORKSHOP IS DESIGNED TO HELP YOU
UNPACK THE UNHELPFUL BELIEFS THAT CAN LEAD
TO SELF-JUDGMENT AND NEGATIVE THOUGHTS
ABOUT YOURSELF**



**WE WILL EXPLORE WHAT SELF-ESTEEM IS, HOW IT
DEVELOPS, AND PROVIDE PRACTICAL STRATEGIES
YOU CAN USE TO BEGIN PRACTICING SELF-
ACCEPTANCE**

**BUILD A MORE POSITIVE AND
COMPASSIONATE RELATIONSHIP WITH
YOURSELF**

**SCAN THE QR
CODE TO SIGN-UP
FOR FREE ON
OUR WEBSITE**

