Enhancing Your Self-Esteem: Reengineering Yourself

Do you know that self-esteem contributes to employee motivation and productivity?
Do you know that a person with high self-esteem can perform better?
Do you know our self-esteem can be easily shaken when we encounter challenges throughout our encounter?

Introduction

Self-esteem refers to a person's beliefs about their worth and value. It also has to do with the feelings people experience that follow from their sense of worthiness or unworthiness. Self-esteem is important because it heavily influences people's choices and decisions. In other words, self-esteem serves a motivational function by making it more or less likely that people will take care of themselves and explore their full potential. People with high self-esteem are also people who are motivated to take care of themselves and to persistently strive towards the fulfilment of personal goals and aspirations. People with lower self-esteem don't tend to regard themselves as worthy of happy outcomes or capable of achieving them and so tend to let important things slide and to be less persistent and resilient in terms of overcoming adversity. This workshop provides you the fundamentals to boost your self-esteem.

Program Objectives

This program aims to:
- Meaning and importance of self-esteem and the antecedents
- Enhancing self-esteem to manage your life successfully.

Learning Outcomes

After completing this program, participants should be able to:
- Understand and appreciate the concept of enhancing self-esteem
- Discover who you are and accepting yourself unconditionally
- Manage time, stress, human resource, interpersonal conflict effective
- Become an effective communicator and enhance assertiveness

Who should attend?

Non-managerial, First-line management, middle management, senior management and anyone who wants to understand their self-esteem

Methodology

Case studies, forum discussion, role-play, presentations, gamification
Program Outline

Time	Day One
9.00am– 10.30am	**Evaluating Self-esteem** In this module, the participants would undergo a simple evaluation to identify the level of self-esteem within themselves. As a simple principle, when it is measurable, it can plan. Hence, this module creates awareness for the level of self-esteem among the participants.
10.30am-11.00am	**Break and Networking**
11.00am-1.00pm	**Self-esteem: A Deeper Understanding** This module enables the participants to understand the concept of self-esteem and how self-esteem influences them. Besides, participants would be exposed to factors that influence self-esteem among themselves.
1.00pm-2.00pm	**Lunch Break and Networking**
2.00pm-3.30pm	**Self-esteem Model** In this module, the participants would understand the three concepts of self-esteem - self-respect, self-love and self-worth. The participants would start to be aware of these three methods to nurture their self-esteem.
3.30pm-4.00pm	**Break and Networking**
4.00pm-5.00pm	**Creating Self-Respect** The participants would need to determine their values and vision. Then, the participants would learn how to set priority and take action towards their own goals. In addition, the participants must start to choose self-respect, be aware of their feelings, avoid making self-deprecating comments, keep a journal and take care of individual emotional needs. Also, the participants would learn to acknowledge that they deserve respectful treatment and avoid allowing anyone to treat them disrespectfully.

Time	Day Two
9.00am– 10.30am	**Creating Self-Love** To increase self-love, the participants would create a self-love ritual, build a precious community, and make a "what's working for me" list in this module. The participants would be reminded that their body is a loving vessel. Several exercises would be conducted, such as "comparison stopping", "building letting go muscle" and finding a happy place are conducted in this module to increase self-love.
10.30am-11.00am	**Break and Networking**
11.00am-1.00pm	**Ensuring Self-Worth** Self-worth is an internal state of being that comes from self-understanding, self-love, and self-acceptance. The participants would undergo the self-understanding stage. Then, the participants would undergo the self-acceptance stage, creating the self-love stage, the recognition stage, and the responsibility stage. This module ends up with concluding thought that satisfies with the self-worth.
1.00pm-2.00pm	**Lunch Break and Networking**
2.00pm-3.30pm	**Action Plan in Upgrading Self-esteem** In this module, the participants would learn the strategy to upgrade their self-esteem. Some of the strategies include being nice to yourself, stop comparing with others, setting goals and building confidence, accepting that no one is perfect because everyone in this world makes mistakes.
3.30pm-4.00pm	**Break and Networking**
4.00pm-5.00pm	**Increase Self-esteem a Way of Living** In the last module, the participants are reminded to focus on what can change for a betterment. In addition, they must do what makes them happy, improving self-esteem as a part of life and surround yourselves with a supportive person.