Adolescent Self-esteem Workshop

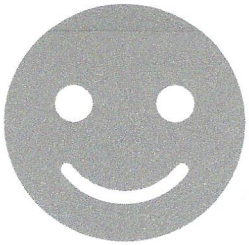
Who is this workshop for?

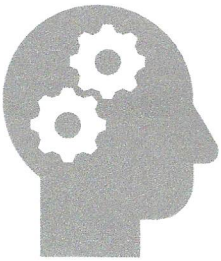
Young people aged 11 – 16 who would like to be able to increase their self-esteem

Parents who would like to support their adolescents

What will be covered?

- What is self-esteem?
- What causes self-esteem?
- How does it affect us?
- Tips to build self-esteem
- Additional resources



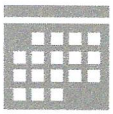


What will I learn?

- What self-esteem is and how it affects us
- Practical strategies to increase self-esteem
- How to challenge thoughts
- Step-by-step plans to increase confidence

Dates

All workshops are via MS Teams



Thursday 9th December 2021

6pm – 7.30pm

https://www.eventbrite.co.uk/e/adolescent-self-esteem-workshop-tickets-190941580407

NHS
Hertfordshire Community
NHS Trust

Hertfordshire
Family Centre
Service