



Esteem Engines: Boosting Your Own Self-Esteem to Inspire High Self-Esteem in Children

Audience

Helping Professionals, Parents, Youth

Program Description

No one can increase the self-esteem of another person! If we knew how to do that we'd have injected it years ago! But each of us can invite others to believe in themselves - especially when we show them what high self-esteem looks like!

- Discover tools to explore self-esteem issues with kids of all ages (grown-ups too!)
- Explore self-esteem research
- Creating an esteeming environment
- Practice modeling high self-esteem!

Program Content

- Nobody Quite Like You
- I Am Lovable and Capable, but I don't always feel like I am
 - *Today Is a Terrible Day*
 - *My Mother is Weird*
- Four Conditions to Nurture Self-Esteem
 - Six Ways We Put Ourselves Down
 - Seven Things We Like About Ourselves
 - Rewarded with M&M's!
- Painting With Love



Required Time

1 hour – Keynote or After Dinner Program

Delighted Clients

Wegmans Food Market, Bring Your Daughter To Work Day, Rochester, New York
"Once again a very Big THANK YOU for an absolutely wonderful presentation. Your name was mentioned as the best part of the day!"

Arkansas Comprehensive Health Education Summer Institute, Little Rock, AR
New York Association for the Education of Young Children, Utica, New York
Cornell Cooperative Extension of Allegany County

Contact

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