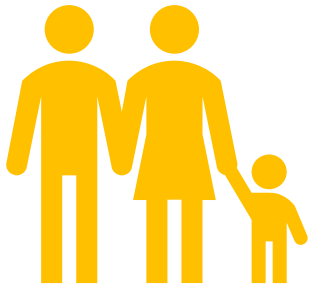


Supporting Your Child's Self-esteem Workshop



Who is this workshop for?

Parents of children aged 5-11 wanting to learn information and strategies on how to support their child's self-esteem

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



Tuesday 25th January 2022

10am – 11.30am

<https://www.eventbrite.co.uk/e/supporting-your-childs-self-esteem-tickets-228467471357>



Thursday 17th February 2022

10am – 11.30am

<https://www.eventbrite.co.uk/e/supporting-your-childs-self-esteem-tickets-228470690987>



Wednesday 2nd March 2022

6pm – 8pm

<https://www.eventbrite.co.uk/e/supporting-your-childs-self-esteem-tickets-228472546537>