

Building High Self Esteem for Women **One Day Workshop**

“There is no value judgment more important, no factor more decisive in your psychological development and motivation, than the estimate you pass on yourself” - Nathaniel Branden

Are you happy with the life you are living and the state of your emotional health? Or, do you find your relationships, performance, career ambitions and general satisfaction with life continually sabotaged by low self esteem?

Our self impacts every area of our lives, creating a ceiling on the levels of happiness and productivity we will experience. Increasingly, research is revealing the close connection between self esteem, quality of life and capacity to achieve goals and perform highly in a work context. The good news is that self esteem CAN be improved in a sustainable way, with positive flow on effects in EVERY area of life.

OVERVIEW

This fun, interactive and experiential training program is designed to equip women with the practical tools to build self esteem and achieve better outcomes through:

- Understanding what self esteem is, where it comes from and why it is important
- Learning the tools needed to build healthy self-esteem and how to apply them in all aspects of your life
- Learning the seven steps to high self-esteem and peak performance

PRESENTERS

Sally Owen

Sally is a professional and engaging motivational communicator with a wide range of experience in the public and private sectors. She is a skilled leader, trainer, facilitator, coach and counsellor and her passion is for empowering and equipping individuals and organisations to discover and fulfill their unique potential. Sally is currently undertaking a Masters of Training and Development.

Kenneth Cole

Kenneth is a professional life coach, counsellor and trainer with a passion for helping people and teams grow, and equipping them to improve their personal and professional performance. His innovative and highly interactive approach results in a high level of engagement from participants. With a Ph.D. in the field of economic psychology looking at how work, wellbeing and personality affect each other, Kenneth brings a strategic and holistic perspective to improving both individual and organisational performance.

Schedule	
9:00am	Welcome. What is healthy self esteem?
9.30am	What has determined my current level of self esteem?
10.00am	Keys to developing healthy self esteem: <ul style="list-style-type: none"> • taking responsibility • taking risks
10:40am	<i>Morning Tea (20 Minutes)</i>
11.00am	How self esteem limits performance: <ul style="list-style-type: none"> • Holistic model of performance <ul style="list-style-type: none"> ○ Managing our mind – beliefs and thoughts ○ Making emotions our greatest ally ○ Body image and health ○ Developing Self awareness
12.45pm	<i>Lunch (45 minutes)</i>
1.30pm	Seven steps to high self esteem and peak performance
3.00pm	<i>Afternoon Tea (20 Minutes)</i>
3.20pm	Seven steps to high self esteem and peak performance Cont'd.
5.00pm	Finish

- taking responsibility
- taking risks

- Holistic model of performance
 - Managing our mind – beliefs and thoughts
 - Making emotions our greatest ally
 - Body image and health
 - Developing Self awareness

TESTIMONIALS

“Excellent, involving and interesting.”

Course participant

“I wanted more, because I felt it was based on some much deeper thinking.”

Course participant

“It was a very sincere and worthwhile seminar.”

Course participant

Terrific! Interesting! Held me there! Jovial! Professional!

Course participant

Helped to lift my motivation and make me look at where I am and where I want to be.

Course participant

Interactive learning style – inspiring and challenging.

Course participant

It was challenging and enjoyable.

Course participant

You’re an amazing speaker and have encouraged me to stop looking back at my past regrets and start getting proactive about my life!

Course participant

Sally’s style is always professional, warm, personal and engaging. She was able to manage a diverse team dynamic and ensure everyone was heard and participated whilst still ensuring we achieved the business objectives. Everyone in the team responded well to Sally’s ability to present the theoretical in a personal and practical way and Sally was always willing to clarify and focus on important points to ensure everyone was aligned.

Phil Quirk, General Manager, Frathouse

Sally has a natural capacity to connect with her audience, establishing strong rapport, and keeping them focused. She is quick to pick up on key issues, and manages interactions sensitively and effectively.

Sally’s presentations were entertaining and insightful, demonstrating an excellent understanding of the audience’s needs. Her content was well structured and comprehensive, leaving each participant with strategies and keys to improve their business.

Michael D’Elboux, Franchisor

Enrolment Form – Building High Self Esteem for Women

Send this form to Acorn: Fax (02) 6217 7001 or e-mail to courses@acorntraining.com.au

Venue: Acorn Training Centre, 74 Townshend St, Phillip ACT
Date:
Time: 9.00 a.m. to 4.45 p.m.

Attendee	Email Address	Date of Workshop
1.		
2.		
3.		
4.		
5.		
6.		
Organisation		
Branch/Division		
Address		
Phone #		
Fax #		

Payment Details

Total price \$595 x _____ attendees = \$_____ \$545 early bird price (early bird applies up to three weeks before the date of the workshop).

1. Credit Card (Amex, Diners, Visa, MasterCard, Bankcard)

Name _____ Card No _____

Expiry date _____

2. Invoice

Signed off by _____ Name _____

Email invoice to:

Terms: Payment is due on or before the day of the course. Cancellation is accepted more than seven days prior to the course date otherwise another person may be substituted. You have purchased a place on the date shown above; changing your booking to a later day incurs an administrative fee. We suggest you send a substitute if you can't come at the last minute.