

Developing Self Esteem

Tuesday 14th June 2016 7.30 - 9.30 pm, Kingston



Self-esteem is that magic ingredient that makes a person feel capable and confident in new situations. It helps a child learn new things and meet new people, it helps them tackle problems and to learn by their mistakes rather than feeling defeated by them.

Unfortunately just telling a child they are great will not increase their self esteem, neither will pushing them to take on new challenges or talk to people they don't know.

This workshop will help you understand what makes our self esteem grow and how we can help children by using some different words and techniques when they get it right - and when they get it wrong.

"Made me realise how much I need to work on my own self-esteem!"- Parent

"Wish I'd known this when my eldest was younger. Brilliant." - Parent

**[Click here](#) for more information and booking
or go to www.gillhines.co.uk**

This workshop will be fully participatory with some group tasks, lots of talk and some listening too. Most people come alone but many come with a friend or partner. Everyone is welcome. You will need to book your place though, places are limited. Simply click on the link above or visit my website for further information.