

Co-funded by the
Erasmus+ Programme
of the European Union



VIDIECKY PARLAMENT
NA SLOVENSKU



Block 1 - Module 1

SELF-ESTEEM

Elaborated by VIPA



CONTENT

- Introduction
- What is self-confidence?
- Let's talk about actions and values (and success)
- Thoughts, negative thinking patterns, cognitive distortions
- Mindfulness
- Acceptance
- Conclusion - what to take away from this module?
- Sources and further reading

INTRODUCTION

- Research has show that self-confidence is linked to almost everything we want in life – secure relationships, success at work, a positive sense of self and happiness.
- **But what it really is?**
- Is it self-esteem or self-confidence we desire?
- We believe we have to wait until we feel confident before we can act confidently. Is this really true?
- What is the role of thoughts, cognitive errors and our inner critic when it comes to self-esteem?
- This module will give you answers to all these questions and will provide basic tools for a higher self-esteem.

“ SELF ESTEEM OR SELF-CONFIDENCE?

- Self-esteem is often defined as „how we value and perceive ourselves“
- In 2003 a team of four psychologists went through decades of published research about self-esteem. The results of their analysis were very surprising. They found that high self-esteem correlates with egoism, narcissism, arrogance, self-deception and defensiveness when face with honest feedback.
- Of course, there exists different definition of what self-esteem might encompass. However, from this point of view, it may be more useful to use the term self-confidence.

SELF-CONFIDENCE

Self-confidence may be defined as the willingness to take steps toward valued goals, even if you are anxious and the outcome is unknown. True self-confidence is part courage, part competence, with a healthy dose of self-compassion mixed in.

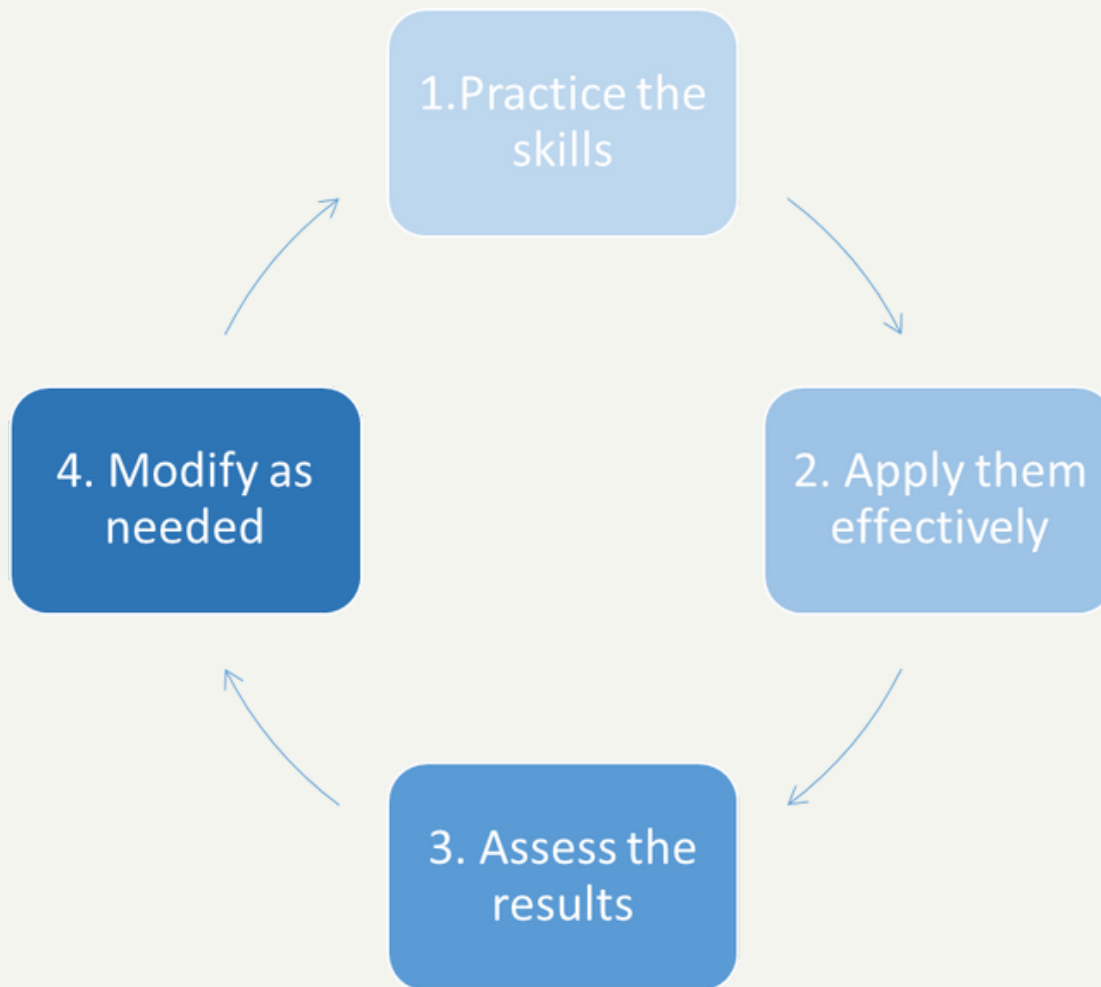
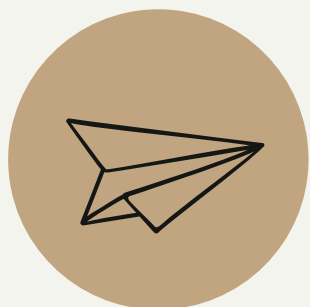


SELF-CONFIDENCE



- If we wait for the feelings of confidence to show up before we start doing the things that are truly important for us, we may end up waiting forever. We don't wait for confidence to magically appear. Instead, we build it, step by step, by **action**.
- If we want to do anything with confidence – speak, paint, play a sport or socialize, then we have to **do the work**.
- We simply must **practice** the necessary skills over and over, until they come naturally. Each time, we practice those skills, it is an action of confidence: an act of relying on ourselves. And once we have taken action, over and over, so that we have the skills to get the results we want, then we shall start to notice the feelings of confidence.

THE CONFIDENCE CYCLE



SELF-CONFIDENCE

- Our beliefs about ourselves are often shaped by those around us, including family, friends and media messages. However, your level of confidence is not out of your control. In the contrary, confidence comes from being grounded in your sense of self: remembering who you are, what you value and the hard work you have put in.
- Confidence is not something you have to possess **every moment of everyday**. Instead, confidence is a choice to take steps to act in line with your values
- Not all self-doubt is a bad thing! Sometimes fear is a signal that we have not prepared enough for a big presentation or the interview. The voice of self-doubt may also be saying we need to get more information, move in a different direction, or take a break.



WHAT IS NOT SELF-CONFIDENCE

Some people may fear confidence because they do not want to „be a jerk“ or take up too much space. However, confidence is not the same as narcissism or arrogance

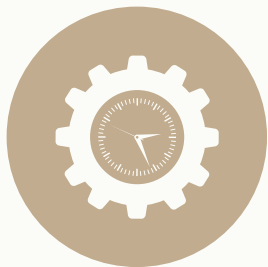
WHAT IS NOT SELF-CONFIDENCE



In fact, when we become self-confident, we often become much less self-absorbed. When we stop worrying so much about how we're coming across, we can pay more attention to those around us.



Confidence is not about being the loudest or the person who dominates every moment. It is also not about wealth and symbols of status.



It's about being rooted in who you really are, freeing up your mind from obsessive worry and self-doubt.

REASONS FOR LOW SELF-CONFIDENCE

- Genes and temperament
- Life experiences
- Trauma
- Parenting style
- Bullying, harassment and humiliation
- Gender, race and sexual orientation
- Excessive expectations
- Harsh self-judgement
- Preoccupation with fear
- Lack of experience
- Lack of skills
- The world around us



Exercise: Take a few minutes to identify the main causes of your lower self-confidence.

THE BENEFITS OF IMPROVED SELF-CONFIDENCE

- Less fear and anxiety
- Greater motivation
- More resilience
- Improved relationships
- Stronger sense of authentic self
- Greater overall well-being



THE SELF-CONFIDENCE SCALE

Now that you have a better understanding of self-confidence is and what it is not and why it matters, we invite you to determine your own starting point, by filling up a short self-confidence scale.
(Scale provided in the attachment)

LIFE CHANGE LIST



Consider what you would do if you had more confidence and write a „Life change list“.

As I develop genuine confidence.....

- Here are some ways I will act differently:
- Here are some ways I will treat others differently:
- Here are some ways I will treat myself differently:
- Here are some personal qualities and character strengths I will develop and demonstrate to others:
- Here are some ways I will behave differently in relationships involving work, education, sport or leisure:
- Here are some important things I will stand for:
- Here are some activities I will start or do more of:
- Here are some goals I will work towards:
- Here are some actions I will take to improve my life:



VIDIECKY PARLAMENT
NA SLOVENSKU



GrowthCoop
developing people



NEW EDU



Stowarzyszenie
ARID



EduConsulting, z.ú.

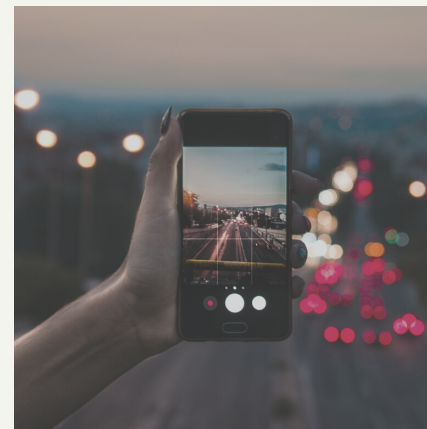


GAL MERIDAUNIA

Co-funded by the
Erasmus+ Programme
of the European Union



Action Items



Here are some specific actions you can take to implement the lessons and ideas you have learned so far:

1. Write down a favourite confidence quote and put it somewhere you'll see it often.

2. Watch a YouTube video of someone you admire who exudes confidence.

3. Try taking a break from social media for a day or even a week. See whether the urge to compare yourself with others starts to subside a little.



LET'S TALK ABOUT ACTIONS AND VALUES (AND SUCCESS)



IF WE WANT THE BEST CHANCE OF ACHIEVING
OUR GOALS, WE SHOULD CLARIFY OUR VALUES
FIRST. WHY? HERE ARE THE THREE REASONS:

1. VALUES GIVE US THE INSPIRATION AND MOTIVATION TO PERSIST, TO DO WHAT NEEDS TO BE DONE, EVEN WHEN THE GOING GETS ROUGH.

2. VALUES GIVE US GUIDANCE. THEY ARE LIKE A COMPASS: THEY GUIDE OUR JOURNEYS, GIVE US DIRECTION AND KEEP US ON TRACK. IF WE PURSUE GOALS THAT ARE NOT ALIGNED WITH OUR CORE VALUES, IT ALMOST ALWAYS LEADS TO DISAPPOINTMENT AND DISATISFACTION.

3. VALUES PROVIDE US WITH FULFILMENT AS WE MOVE TOWARDS OUR GOALS.

VALUES

EXERCISE 1

Select top 6 values from the provided list.

EXERCISE 2

With your core values being selected, please set up your goal by answering the following question: If you had the confidence to fully live your values in your career, what kind of work would you be doing? What kinds of opportunities would you accept? Set some specific, realistic, and value-driven goals.

Using the same logic, you may set goals for relationships, parenting, family, community, health and life enjoyment.

SUCCESS

- Our society generally defines in terms of achieving goals: good job, good salary, nice house, etc.
- This view of success inevitably pulls us into the goal-focused life, where we are always striving to achieve the next goal.
- This popular notion of success creates fragile self-esteem. High achievers often develop a strong positive self-image based on their performance. As long as they perform well, they have high self-esteem. But as soon as their performance drops so does their self-esteem. From „winner“ to „loser“.
- Let's consider a radically different definition of success: The success is living by your values.

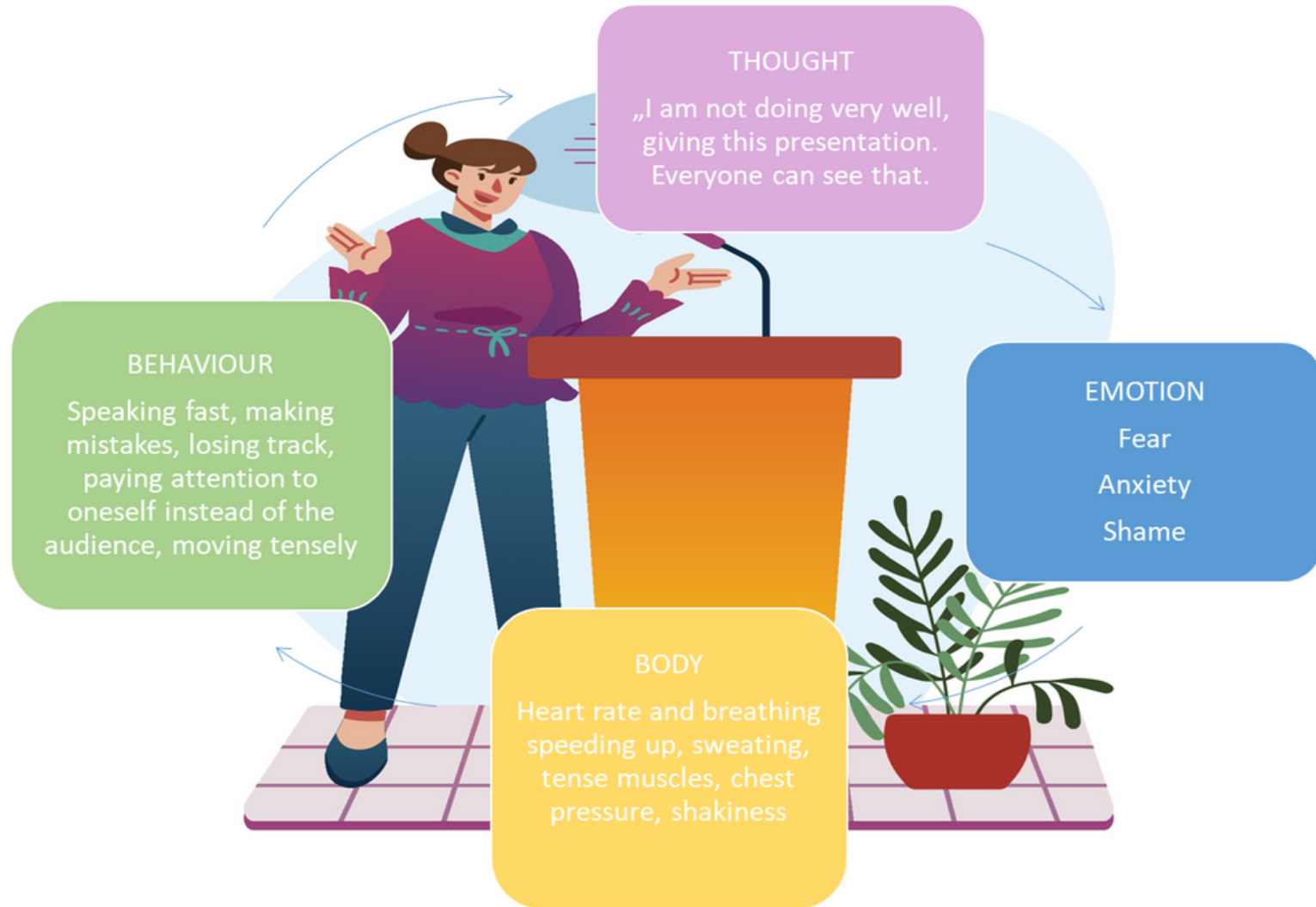
THOUGHTS



- NOW, THAT YOU HAVE SET SOME VALUE-DRIVEN GOALS, LET'S TALK ABOUT THE TOOLS YOU WILL NEED TO GET THERE.
- **LOW SELF-CONFIDENCE** IS OFTEN BASED UPON UNHELPFUL OR UNTRUE INTERPRETATIONS OF A SITUATION. THESE INTERPRETATIONS ARE OUR THOUGHTS - WORDS OR IMAGES THAT GO THROUGH OUR MIND.
- MANY OF US BATTLE NEGATIVE THINKING CONSTANTLY. OUR PREOCCUPATION WITH THE WORST-CASE SCENARIO BECOMES A SELF-FULFILLING PROPHECY, LOWERING OUR SELF-CONFIDENCE AND KEEPING US FROM DOING OUR BEST.



HOW THOUGHTS INFLUENCE OUR EMOTIONS, BODILY SENSATIONS AND BEHAVIOUR



COGNITIVE DISTORTIONS

- A **DISTORTED THOUGHT OR COGNITIVE DISTORTION** – AND THERE ARE MANY – IS AN EXAGGERATED PATTERN OF THOUGHT THAT'S NOT BASED ON FACTS. IT CONSEQUENTLY LEADS YOU TO VIEW THINGS MORE NEGATIVELY THAN THEY REALLY ARE.
- IN OTHER WORDS, COGNITIVE DISTORTIONS ARE YOUR MIND CONVINCING YOU TO BELIEVE NEGATIVE THINGS ABOUT YOURSELF AND YOUR WORLD THAT ARE NOT NECESSARILY TRUE.
- THEY PLAY A ROLE IN **MAINTAINING LOWER SELF-CONFIDENCE**. AS WE HAVE SEEN, OUR THOUGHTS HAVE A GREAT IMPACT ON HOW WE FEEL AND HOW WE BEHAVE. WHEN YOU TREAT THESE NEGATIVE THOUGHTS AS FACTS, YOU MAY SEE YOURSELF AND ACT IN A WAY BASED ON FAULTY ASSUMPTIONS
- WE ALL DO THEM AND IT IS VERY USEFUL TO START NOTICING THEM. ONCE NOTICED, WE CAN STOP DOING THEM. YOU CAN LEARN TO IDENTIFY COGNITIVE DISTORTIONS SO THAT YOU'LL KNOW WHEN YOUR MIND IS PLAYING TRICKS ON YOU. THEN YOU CAN REFRAME AND REDIRECT YOUR THOUGHTS SO THAT THEY HAVE LESS OF A NEGATIVE IMPACT ON YOUR MOOD AND BEHAVIOUR – AND IN A LONGER RUN – ON YOUR CONFIDENCE.

COGNITIVE DISTORTIONS

- THE MOST COMMON COGNITIVE DISTORTIONS
- BLACK & WHITE THINKING (ALL OR NOTHING)
- OVERGENERALIZATION
- CATASTROPHIZING
- DISCOUNTING THE POSITIVE
- JUMPING TO CONCLUSIONS
- „SHOULD“ STATEMENTS
- EMOTIONAL REASONING
- BLAMING



HOW TO HANDLE THEM...

EXERCISE

Now that you know the key types of cognitive distortions, see if you can recognize them in your own thinking.

1. Pick one of your goals.
2. Think about the process of chasing that goal, and list any negative thoughts and predictions that come to mind.
3. Examine each thought and see if it fits into one or more of cognitive distortion categories.

ALTERNATIVE EXERCISE

Think of a recent event that put a dent in your confidence, and write down what thoughts you had while interpreting that event. Do you notice any cognitive distortions? How did those thoughts influence your emotions, your bodily sensations and your behaviour?

NEGATIVE THINKING PATTERNS



• **Reframe negative self-talk:** sometimes, asking whether a negative thought is realistic is enough to dismantle it. That approach works particularly well with thoughts about outcomes. If you're expecting failure, you can usually push yourself to see that success is possible, too.

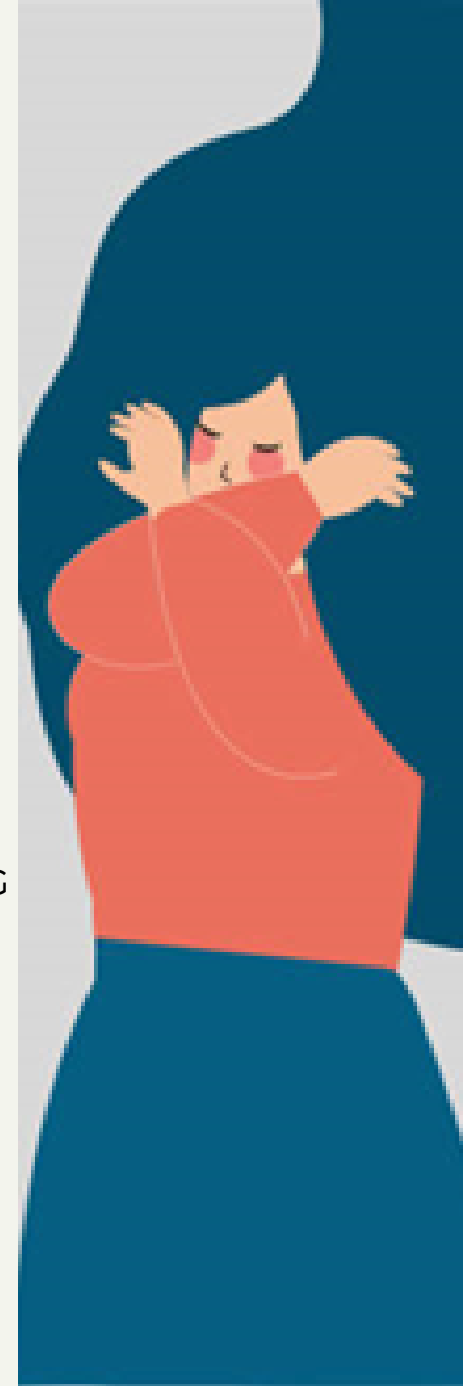


•You want to ask yourself: „Is this thought helpful?“ Is it helping you move toward your goals, or is it holding you back? If it is not helpful, try to reframe the thought in a positive way. More specifically, when having a negative thought, imagine what a friend or a wise mentor would say to that.

NEGATIVE THOUGHTS

THESE TECHNIQUES CAN HELP YOU DEFUSE FROM
A NEGATIVE THOUGHT

- **LABEL YOUR THOUGHTS.** INSTEAD OF SAYING „I AM A LOSER.“, SAY, „I AM HAVING THE THOUGHT THAT I AM A LOSER.“, OR „MY MIND IS HAVING THE THOUGHT THAT...”
- **LET THE THOUGHTS FLOAT AWAY.** YOU VISUALIZE EACH NEGATIVE THOUGHT AS A BALLOON AND IMAGINE IT FLOATING UP, UP, AND AWAY.
- **THANK YOUR MIND.** DO NOT FIGHT THE THOUGHT, SIMPLY NOTICE IT AND THINK TO YOURSELF: „THANK YOU, MIND. THANK YOU FOR TRYING TO KEEP ME SAFE.”
- **SING YOUR THOUGHTS:** TRY SINGING YOUR NEGATIVE THOUGHTS, TRY ADDING FUNNY VOICES AND SEE WHAT HAPPENS WITH THE CHARGE OF THE THOUGHT.
- **CALM YOUR INNER CRITIC:** GIVE YOUR INNER CRITIC A NAME, REMEMBER THAT YOUR CRITIC HAS GOOD INTENTIONS (TRYING TO PROTECT YOU), REMIND YOUR INNER CRITIC THAT PLENTY OF TIMES THINGS TURN OUT JUST FINE.



ACTION ITEMS

- TELL SOMEONE CLOSE TO YOU THAT YOU ARE TRYING TO REFRAME YOUR NEGATIVE THOUGHTS. ASK THEM TO GENTLY LET YOU KNOW WHEN THEY CATCH YOU VOICING A SELF-DEFEATING VIEWPOINT.
- REFLECT ON A TIME WHEN YOU HAD A LOT OF NEGATIVE PREDICTIONS ABOUT HOW SOMETHING WOULD GO, AND THEN IT WOUND UP GOING JUST FINE. HOLD ON TO THAT STORY THE NEXT TIME YOUR MIND IS FLOODING WITH WORRIES ABOUT A FUTURE EVENT.
- SOME PEOPLE FIND IT HELPFUL TO PHYSICALLY DISPOSE OF NEGATIVE THOUGHTS. WRITE DOWN A NEGATIVE THOUGHT ON A PIECE OF PAPER, THEN CUT IT UP AND THROW IT IN THE TRASH OR CAREFULLY BURN IT.

MINDFULNESS

- LET'S MOVE ONTO THE NEXT TOOL, BRINGING YOU CLOSER TO SELF-CONFIDENCE
- IF YOU WANT TO DO ANYTHING WELL, THEN YOU HAVE TO BE **PSYCHOLOGICALLY PRESENT**. YOU NEED TO BE ENGAGED IN WHAT IS HAPPENING
- ONLY WHEN WE DO SOMETHING WELL ARE WE LIKELY TO FEEL CONFIDENT. BUT IT IS ALMOST IMPOSSIBLE TO DO SOMETHING WELL IF WE ARE NOT **ENGAGED IN WHAT WE ARE DOING**.
- IF WE WANT TO GET THE MOST OF OUR LIFE, WE NEED TO BE **FULLY PRESENT: AWARE, ATTENTIVE AND ENGAGED IN WHAT IS HAPPENING**.
- THIS INVOLVES A **MINDFULNESS SKILL**: CONNECTING WITH THE WORLD THROUGH NOTICING WHAT WE CAN SEE, HEAR, TOUCH TASTE AND SMELL.





MINDFULNESS ACTIVITY

- **GUIDED MINDFUL BREATHING**
(INSTRUCTIONS PROVIDED IN THE ATTACHMENT)

OTHER TIPS FOR MINDFULNESS ACTIVITIES:

- **ENGAGING IN A MORNING ROUTINE**
MINDFUL SHOWER, MINDFUL BRUSHING TEETH

- **ENGAGING IN A CHORE**
IRONING – NOTICE THE SMELL OF THE HEATED CLOTHES, THE SOUND OF THE STEAM, THE HEAT, THE TEXTURE AND COLOUR OF THE CLOTHES, YOUR MOVEMENTS, POSITION OF YOUR BODY

- **ENGAGING IN A PLEASURABLE ACTIVITY**
NOTICE THE SHAPE, COLOUR, TEXTURE, SIZE, AROMA OF THE DIFFERENT FOODS, IF YOU ARE HUGGING SOMEONE, NOTICE THE SENSATIONS IN YOUR BODY, AND THE WAY YOU POSITION YOURSELF, AND WHAT YOU DO WITH YOUR AMRS, AND THE REACTIONS IN THE FACE AND BODY OF YOUR LOVED ONE.



ACCEPTANCE

- AT FIRST, ACCEPTANCE MAY BE A DIFFICULT CONCEPT TO GRASP. BUT ONCE YOU WILL UNDERSTAND WHAT ACCEPTANCE REALLY MEANS, IT WILL MAKE A HUGE DIFFERENCE IN HOW YOU PROCEED – NOT ONLY IN YOUR QUEST FOR MORE CONFIDENCE, BUT FOR YOUR LIFE IN GENERAL.
- THE BEST WAY TO UNDERSTAND ACCEPTANCE IS TO THINK ABOUT THIS EQUATION:

$$\text{SUFFERING} = \text{PAIN} \times \text{RESISTANCE}$$

ACCEPTANCE

- RESISTING IS WHAT MAKES US PANICKED, ANXIOUS, UNFOCUSED, AND MORE LIKELY TO MAKE MISTAKES DURING A PRESENTATION
- WE OFTEN CANNOT CONTROL THE PAIN PART OF THE EQUATION. LIFE HAPPENS. WHAT WE CAN USUALLY CONTROL IS OUR REACTION TO IT. BY NOT PILING UP ON TO THE PAIN WITH RESISTANCE, WE WILL HAVE LESS SUFFERING.
- THE ANTIDOTE TO RESISTANCE IS ACCEPTANCE.

ONE OF THE STEPS TOWARD DEVELOPING LASTING SELF-CONFIDENCE IS TO PRACTICE ACCEPTANCE - OF OUR STRENGTHS, OUR WEAKNESSES, AND OURSELVES.
WE WILL SHOW YOU HOW.



ACCEPTANCE

- RESISTANCE DOES NOT COME ONLY WHEN WE FACE PAIN IN LIFE. MANY OF US RESIST COMPLIMENTS AND GOOD FORTUNE, TOO, BECAUSE WE JUST DON'T THINK WE DESERVE THEM.
- WOMEN IN PARTICULAR ARE OFTEN AVERSE TO ACKNOWLEDGING THEIR STRENGTHS
- ACCEPTING YOUR STRENGTHS ISN'T ABOUT BUILDING YOURSELF UP IN COMPARISON TO OTHERS. YOU DON'T NEED TO TELL YOURSELF YOU'RE THE BEST ENTREPRENEUR, WIFE OR MOTHER. INSTEAD, YOU ARE TRYING TO REDUCE THE SUFFERING IN YOUR LIFE BY DECREASING RESISTANCE.
- **THEREFORE, WE MOVE ONTO RECOGNIZING YOUR STRENGTHS:**

ACCEPTANCE: RECOGNIZING STRENGTHS

- COMPLIMENTS I HAVE RECEIVED:
- CHALLENGES I HAVE OVERCOME:
- AN IMPORTANT ROLE I HAVE FULFILLED:
- AN IMPORTANT TASK I HAVE TACKLED:
- SKILLS I ENJOY USING REGARDLESS OF THE TASK:
- A TIME I HAVE HELPED SOMEONE ELSE:



ACCEPTANCE: ACCEPTING YOUR STRENGTHS



- MANY PEOPLE ARE BROUGHT UP TO BELIEVE THAT ACCEPTING OUR STRENGTHS MEANS BEING PRIDEFUL. MAYBE YOU KNOW THERE IS SOMETHING YOU'RE GOOD AT, BUT YOU TRULY DON'T THINK IT'S A BIG DEAL OR THAT ANYONE COULD DO THAT.
- CONFIDENCE IS NOT THE SAME AS ARROGANCE. IT'S THE KNOWLEDGE THAT YOU CAN CONTINUE TO ACT IN LINE WITH YOUR VALUES, NOT MATTER WHAT LIFE THROWS AT YOU.
- IT IS OKAY TO BASK IN YOUR ACCOMPLISHMENTS, EVEN IF IT'S JUST FOR AN INSTANT. IF YOU ARE SOMEONE WHO STRUGGLES TO ACCEPT OTHERS' KIND WORDS, PRACTICE SAYING SIMPLE „THANK YOU“ THE NEXT TIME SOMEONE PAYS YOU A COMPLIMENT. NOT ONLY WILL YOU FEEL BETTER, BUT YOU'LL MAKE OTHERS FEEL GOOD, TOO, BY NOT DISMISSING THEM WHEN THEY MAKE AN EFFORT TO RECOGNIZE YOUR STRENGTHS.



ACCEPTANCE: WEAKNESSES AND IMPERFECTIONS

EVERYONE HAS WEAKNESSES.



- One of the hardest things about accepting them is being okay with the idea that other people might see them. Sometimes we live in fear that if other really saw us – our struggles, our mistakes, our failures – they would reject us.
- Research shows the opposite is true. Vulnerability is how you connect to others. When people see you're worried, scared, messy, or flawed, they tend to feel great relief and let you know that they are, too.
- Letting go of the shame and owning the fact that you are not perfect can be quite freeing.
- If you perceive a flaw in yourself that causes you great shame, consider sharing it with someone you trust. You will likely find that the ability to live your life with authenticity takes a huge weight off your shoulders and brings you closer to those around you.

ACCEPTANCE: IDENTIFYING YOUR CHALLENGES

- WEAKNESSES I'M AWARE OF:
- WHAT'S MOST LIKELY TO MAKE ME GIVE UP?
- WHAT TRIPS ME UP TIME AND TIME AGAIN?
- WHAT KEEPS ME FROM MOVING FORWARD?
- FEEDBACK I'VE RECEIVED THAT MAY INDICATE A WEAKNESS:
- WHAT ROLES DO I AVOID?



ACCEPTANCE: FORGIVE YOURSELF



- CONFIDENCE REQUIRES ACTION, AND INEVITABLY, SOME OF YOUR ACTIONS ARE GOING TO FLOP. WHAT YOU NEED THEN IS FORGIVE YOURSELF.
- NOTHING ABOUT YOUR APPEARANCE, YOUR PARENTING, YOUR CAREER SUCCESS, OR ANYTHING ELSE COULD MAKE YOU UNWORTHY OF LOVE.
- ACCEPTING THE FACT THAT YOU'LL MAKE MISTAKES DOESN'T MEAN YOU STOP HOLDING YOURSELF ACCOUNTABLE. INSTEAD, IT CLEARS UP YOUR MIND TO TAKE MEANINGFUL ACTION. IF YOU HURT SOMEONE WITH YOUR MISTAKE, THAT MEANS APOLOGIZING AND MAKING AMENDS.
- WHEN YOU ARE NOT SPENDING DAYS OBSESSING OVER WHAT YOU DID WRONG, YOU'RE ALSO MORE LIKELY TO FIND CREATIVE OR INNOVATIVE SOLUTIONS TO A PROBLEM. BUT MORE IMPORTANTLY, YOU'LL FEEL MORE PEACE.



ACCEPTANCE: PRACTICE SELF-COMPASSION

THERE ARE THREE IMPORTANT COMPONENTS OF SELF-COMPASSION:

MINDFULNESS: SIMPLY BEING AWARE THAT YOU'RE HURTING AND IN NEED OF ATTENTION

KINDNESS: PROVIDING YOURSELF THE SAME COMFORT AND ENCOURAGEMENT THAT YOU WOULD A GOOD FRIEND OR A SMALL CHILD

REALIZATION THAT YOU ARE NOT ALONE: MANY OTHER PEOPLE HAVE HAD SIMILAR EXPERIENCES. THIS ISN'T TO MINIMIZE YOUR PERSONAL SITUATION BUT TO LET YOU KNOW THAT HARD TIMES ARE PART OF THE HUMAN CONDITION



SELF-ACCEPTANCE



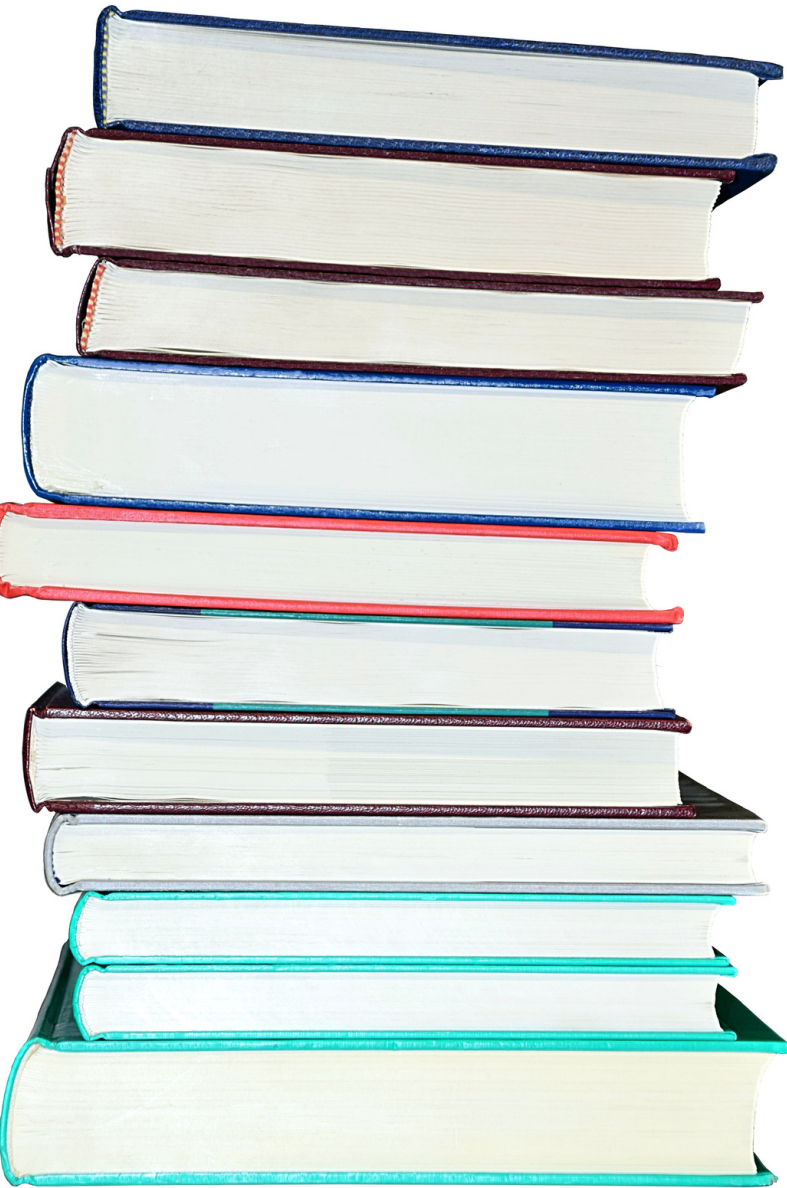
- TO PURSUE OUR GOALS AND LIVE A CONFIDENT LIFE, WE NEED SELF-LOVE.
- SELF-ACCEPTANCE AND SELF-LOVE IS A PROCESS AND WE NEED TO START WHERE WE ARE. NOT ALL OF US ARE GOING TO LOVE OURSELVES RIGHT AT THE START, AND THAT IS OK.
- SELF-ACCEPTANCE IS ONE OF THE MOST REWARDING PRINCIPLES YOU CAN ADOPT IN YOUR LIFE, AND IT WILL SERVE AS A FOUNDATION FOR THE REST OF THE CONFIDENCE SKILLS.

CONCLUSION - WHAT TO TAKE AWAY FROM THIS MODULE?

- THE ACTIONS OF CONFIDENCE COME FIRST, THE FEELINGS OF CONFIDENCE COME LATER.
- PREPARE AND PRACTICE.
- REMEMBER YOUR VALUES. TRUE SUCCESS IS LIVING BY THEM.
- NEGATIVE THOUGHTS ARE NORMAL. DON'T FIGHT THEM, DEFUSE THEM.
- REFRAME YOUR NEGATIVE SELF-TALK.
- OBSERVE THE PRESENT MOMENT.
- THE KEY TO PEAK PERFORMANCE IS TOTAL ENGAGEMENT IN THE TASK.
- KNOW YOUR STRENGTHS, KNOW YOUR WEAKNESSES.
- PRACTICE ACCEPTANCE AND SELF-COMPASSION.

SOURCES AND FURTHER READING

- **Self-Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem** by Matthew McKay, Ph.D. and Patrick Fanning
-
- **Self-Confidence Workbook: A Guide to Overcoming Self-Doubt and Improving Self-Esteem** by Barbara Markway, PhD and Celia Ampel
- **The Confidence Gap: From Fear to Freedom** by Russ Harris
- **Self-Love Workbook for Women: Release Self-Doubt, Build Self-Compassion, and Embrace Who You Are (Self-Help Workbooks for Women)** by Mega Logan, MSW, LCSW





PROJECT WOBIS

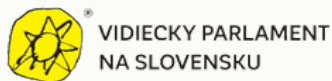
Enhancement of
Rural Women's
Associations as
a Chance for
Growth of Women
Entrepreneurship

WEB PAGE:
www.wobis2022.eu

FACEBOOK PAGE:
WOBIS



INFO



Co-funded by the
Erasmus+ Programme
of the European Union

