

Course Title „Self-esteem“

Course Syllabus

Course description or general overview

The aim of this course is to identify persons' current strengths and establish plans for improving their entrepreneur skills. Once they have clarified their personal definition of startup success, examine where they currently are relative to where they want to be. Whatever their goals, there are few things more esteeming than knowing they're making progress toward their picture of success.

Participants of this course will be on the lookout for new opportunities to grow their talents and experiences. Part of their sense of self-worth comes from the belief and confidence that they have the ability to grow the business both today and in the future. A high level of self-esteem makes an entrepreneur able to trust his/her thinking and judgment and likely to make better decisions. This, in turn, helps to create more effective interpersonal and work relationships and hence, a comfortable work environment.

Learning outcomes at the course/module level (according to Bloom's taxonomy)

Explain why self-esteem is important for entrepreneurship.

Develop and identify your competencies, learn to accept compliments, eliminate self-criticism and introduce self-compassion

Demonstrate what the participants are good at and learn them how to say no.

Critically evaluate and make own judgments about the negative effects of having low self-esteem, the difference between occasionally being down on yourself and truly having poor self-esteem, whether your self-esteem can be too high, factors that contribute to low self-esteem

Establish and expand knowledge about improving your self-esteem, recognize what you're good at, build positive relationships, learn to be assertive, give yourself a challenge as there is a clear link between high self-esteem and the success in entrepreneurship. After all, the relationship you have with yourself may ultimately be the one that matters most—it gifts you the resiliency, confidence, kindness and motivation

Acquire the ability, knowledge and skills to meet with the optimal way of understanding that a significant component of self-esteem is your thought patterns, what you focus on, and optimism rather than simply on objective facts or events of your life.

The participant has knowledge about: self-esteem, self-confidence and how to use self-esteem in entrepreneurship

The participant has skills to: Recognize and build upon strengths within yourself or team

The participant has the competence of: learning and developing self-esteem by critical thinking

Course contents (list of all the topics covered within the module, the minimum of topics per each module could be 4, if partners agree)

1. What is self-esteem and how it affects entrepreneurship-recognise what you're good at
2. Why high self esteem matters- be kind to yourself
3. The risks of low self esteem-learn to say no
4. Building high self esteem-take on challenges

Learning topic:

Organisation: Rural parliament in Slovakia

Course: Self-esteem

Teaching hours: 12

Mode of delivery: Wobis OER

EQF level: level 4

Teaching methods (examples):

- papers, projects, presentations, videos
- tutorials or webinars, guest lectures, case studies

Assessment methods (examples) Please, describe how the assessment task(s) help trainees achieve the planned learning outcomes

- projects

Learning outcomes of the learning topic:

1. What is self-esteem and how it affects entrepreneurship- The participants will be able to explain recognise what they are good at
2. Why high self esteem matters- be kind to yourself - The participants will be able to explain how to be kind to yourself
3. The risks of low self esteem-learn to say no - The participants will be able to explain how to say no
4. Building high self esteem-take on challenges - The participants will be able to explain how to improve their self - esteem

Learning activity content:

The sub-units forming the learning topic:

1. What is self-esteem and how it affects entrepreneurship-recognise what you're good at
 - Definition of self-esteem and his impact on your life
 - Recognition of your strong sides
 - Maslow hierarchy of needs theory

2. Why high self esteem matters- be kind to yourself
 - Characteristics of high self-esteem
 - How important is having healthy self-esteem
 - Three states by Martin Ross
3. The risks of low self esteem-learn to say no
 - Characteristics of low self esteem
 - reasons of why knowing how to say no is so important
 - How to say No to others
4. Building high self esteem-take on challenges
 - Learning to identify the distorted thoughts
 - Trying countering negative thoughts
 - Practicing reciting positive affirmations to yourself.
 - Practicing forgiving yourself for past mistakes and move forward by accepting all parts of yourself

Recommended or required reading:

Recommended:

Links to useful websites:

<https://www.verywellmind.com/what-is-self-esteem-2795868>

<https://www.verywellmind.com/what-is-maslows-hierarchy-of-needs-4136760>

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-esteem/art-20045374>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/about-self-esteem/>

Glossary:

Language of the course:

English, Slovak, Czech, Polish, Italian, Spanish, Croatian

Name of the teacher:

Supervisor:

Feedback for evaluation

- questionnaires
- feedback from participants through focus-group meetings