

2-Day Building Your Self-Esteem and Assertiveness Skills Workshop at the NETC North Bay ON – Nov 26 & 27, 2019

A healthy self-esteem is essential for growth and achieving success. Of all the judgments you make in life, none is as important as the one you make about yourself. Without some measure of self-worth, life can be painful and unrelenting. In this two-day workshop, you will discover some techniques that can dramatically change how you feel about yourself, and how you approach the world to get the things that you want.

What Will Students Learn?

- ✓ Recognize that you have worth and are worthy of happiness
- ✓ Develop techniques for eliminating unhealthy thought patterns and replacing them with supportive patterns
- ✓ Learn how to turn negative thoughts into positive thoughts
- ✓ Learn how to make requests so that you get what you want
- ✓ Set goals that reflect your dreams and desires and reinforce healthy patterns

What Topics are Covered?

- ✓ What is self-esteem?
- ✓ Improving self-esteem
- ✓ Building self-esteem
- ✓ Increasing our self-esteem
- ✓ Esteemed confidence
- ✓ The power of thought
- ✓ Ask for what you want
- ✓ Create what you want

What's Included?

- ✓ Instruction by an expert facilitator
- ✓ Small, interactive classes
- ✓ Specialized manual and course materials
- ✓ Personalized certificate of completion

Pre-Registration Information

Yes! I would like to attend **Building Your Self-Esteem and Assertiveness**

Skills! Sign me up for the following session:

- Native Education & Training College Campus
 Online

- All workshops are from 10:00 a.m. until 3:00 p.m.
- Cost: \$485.00 per person, plus applicable taxes.
- Prices and dates are subject to change.

Your Information

Name: _____

Position: _____

Organization: _____

Telephone: _____

E-mail Address: _____

Mailing Address:

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