

# BUILDING SELF ESTEEM

By Dolly Bhargava

Self-esteem refers to the extent to which we like, accept, approve of, or value ourselves. Self-esteem affects how we learn, how we work, how we relate to ourselves, to others, and to life in general. Students with disabilities face a unique range of challenges that negatively impact on their self-esteem and ability to bounce back from setbacks. For this reason, enhancing the student's self-esteem is always a high priority.

**WHEN:** Wednesday 15 April 2015

**TIME:** 9.30am - 3.30pm  
Registration from 9.00am -9.30am

**WHERE :** Activ Library  
327 Cambridge St  
Wembley

**COST:** \$220 (includes GST)  
Morning tea included; participants to bring own lunch.

**CONTACT:**  
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Please complete the registration form and return with payment to Dolly before 31 March 2015

**This workshop will discuss a variety of practical strategies that can be implemented to develop, improve and maintain a high level of self-esteem.**