



Building Self Esteem

A series of 4 workshops on developing confidence and building self worth

Do you feel you can meet challenges well enough, or do you often doubt yourself and fear failure?

Are you fiercely self critical especially when something goes wrong?

Do you have lots of negative beliefs about yourself, no matter what other people say about you?

If you believe you are missing out academically or in your relationships because of low self esteem and a lack of confidence you are welcome to attend these workshops:

- We will think about the roots of low self esteem
- Look at how unhelpful thinking and behaviour undermine our efforts, fuelling our fears.
- Highlight ways we can develop self confidence

Dates of workshops:

Workshops will take place from 4pm to 5.30pm at the Advice and Counselling Service.

Week 1: Wednesday 9 March 2011

Week 2: Wednesday 16 March 2011

Week 3: Wednesday 23 March 2011

Week 4: Wednesday 30 March 2011

The workshops build on each other so you will need to be able to attend all four sessions.

There are 12 spaces available on a first come first served basis. Workshops are free to Queen Mary students.

See our website for details about how to book a place.

www.welfare.qmul.ac.uk