

# FORMING SELF ESTEEM

**Self-Esteem Building Group: Working Together to Improve Self-Worth and Confidence**

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## *TOPICS EXPLORED:*

Self-Pride & how it develops

How low self-esteem is maintained

How to work toward healthy self-worth

Impact of biased expectations & negative self-evaluations

Adjusting current rules & assumptions

Developing Balanced core beliefs

**WEEKLY VIRTUAL THURSDAY EVENING GROUPS**

**60 MINUTE SESSIONS**

**SMALL COHORT FROM 6:15 - 7:15 PM**

**For more information email Inner Lakes Therapy:**

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