

Self esteem and feeling good



Overall aim of the programme

This creative programme is designed to support young women in gaining a broad understanding of the term “**Self Esteem**” and how it can impact on our lives. We explore types of behaviour that can allow low self esteem to continue and how negative thoughts can be challenged and overcome. Promoting the importance of our own self worth and ultimately how they can improve their own self esteem.

Target group: Vulnerable young women aged 13 - 25

Delivered by: 2 experienced Them Wifies facilitators

Workshop One - Introduction & Understanding Self Esteem

Aims

- To carry out introductions and establish a group agreement.
- To take part in ice breakers and warm up's.
- To understand the term “Self Esteem.”
- To explore what impacts on our self esteem.

Workshop Two - Understanding & managing self talk

Aims

- Understanding the term “negative self talk” and “positive self talk.”
- Examining the impact of “negative self talk” and “positive self talk.”
- Exploring how to challenge “negative self talk.”

Workshop Three - Feeling good

Aims

- To identify and explore what makes us feel good.
- To reinforce a positive self image.
- To developing and practice positive affirmations.

Workshop Four - Celebrating who we are

Aims

- To identify and acknowledge positive qualities.
- To explore challenges we have overcome.
- To recognise and reinforce skills and talents within the group.

Benefits

- Improved self esteem
- Increased confidence
- Meeting new people
- Gain an understanding of the term self esteem and techniques to improve it.
- Ability to identify what impacts on our self esteem
- Communicating and sharing feelings and experiences
- An understanding challenging negative self talk
- Having a laugh

Quote from participant

“Thank you for such an amazing few weeks. It has helped me a lot and been great fun.”

Cost: £700 or £900 (including evaluation)

*Each session is 2 hours in length. A core group of 10 young women will take part in each session.

Contact Maria Lavelle on **0191 2619923** or email maria.lavelle@themwifies.org.uk

We're always happy to discuss the difference we can make.

WORKING WITH THE ARTS FOR CHANGE