

## Self-Esteem: The How Of Valuing Ourselves

Personal development Workshop | Course leader Gill Doust



How we value ourselves is at the heart of our relationships with others. When we don't recognise our value it can be hard to be compassionate to ourselves and others, learn from our mistakes and appreciate our successes. When our value is high we manage life's challenges, appreciate life more fully and have more satisfying contact with others, we can become our best friend and wisest counsel.

Through the use of body work, guided visualisation and individual work, this workshop focuses on how participants move between low and high self-esteem. It provides many useful tools for maintaining a positive sense of self-worth.

### How to book

If you are interested in joining this workshop, please book online.

### Dates for 2012

Saturday 24th March and Sunday 25th March 2012

The course will meet from 10am-5pm each day

### Price

The cost for this workshop is £225

