

## Self Esteem: The How of Valuing Ourselves

Personal development group | 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

To book onto this workshop, please send your cheque payable to Gill Doust at the Spectrum office, 7 Endymion Road, London N4 1EE.

### Dates and Fees 2017

Saturday and Sunday, October 21-22, 10am-5pm daily, 2017.

### Price

The cost of the workshop is £200.

