



KNOW YOUR WORTH



AN OVERVIEW OF THE COURSE

The purpose of the course is to empower girls to know their worth, build self-esteem and in turn make good decisions. The course is broken down as follows:



INTRO TO KNOW YOUR WORTH

This week introduces the topic of self-esteem. We also write up a confidentiality contract amongst the group and the participants will decide on where they place themselves on the self-esteem continuum (from low self-esteem to high).



EMOTIONS (PART 1)

This week deep dives into emotions. We will look specifically at how we can be more aware of our emotions, how to practise self-care and look after our emotional health and improve our self-esteem.



EMOTIONS (PART 2)

This week is a continuation of emotions. We will focus on how our thoughts link to our emotions and so if we can change our thoughts, we can change our emotions.



SOCIAL MEDIA

This week will follow on with the topic of 'obstacles' that can sometimes impede us living from living fully and truly as ourselves and knock up against our self-esteem. This will cover ideas around our own self-belief and what others think of us and explicitly reveal the power that social media can hold in this area.



RELATIONSHIPS

This week focuses on relationships. We will spend time considering what healthy and unhealthy relationships look like including consent and boundaries. The value that we give ourselves often pre-determines the value that others give us.



HOPES

This week is about our individual dreams and interests. The higher our self-esteem, the more likely we are to step out and into our interests and move closer to accomplishing the things we'd like to do.



RESILIENCE

This week is all how we grow the skills to help us cope when life isn't easy and doesn't go our way. How do we deal with disappointment and pain? When our self-esteem grows, so too does our ability to handle challenges. We can do hard things.



REFLECTION AND CELEBRATION

An opportunity for the girls to spend time together, affirming each other and celebrate completing the course. They have the chance to re-evaluate where they now place themselves on the self-esteem continuum; our hope is much further along.

All participants will receive a certificate upon completion of the course.

Content written by Debs Peake.

