S.W.I.S. Settlement Workers in Schools

SCHOOL DISTRICT 43 Coquitlam — Learning for a Lifetime

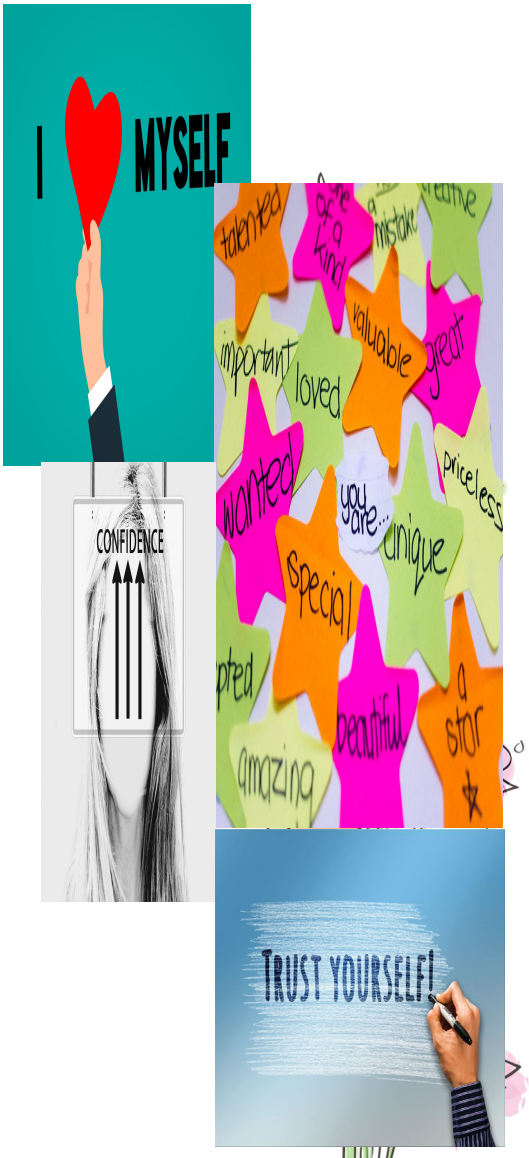
Presentation: Healthy Self–Esteem

Presenter: *Nayla Jazaeirly (Counselor– Family Therapist)*

Date/time/location: *February 25, 2022 at 4:00 to 6:00pm on* TEAMS

OUTLINE

- What is women empowerment
- Why we need women empowerment
- Problems faced by WOMEN
- What is self-esteem
- Why it is important to have high self-esteem
- What are the signs of healthy self-esteem
- What causes our self-esteem to erode
- Influence of culture on self-esteem



* TIPS FOR BUILDING SELF-ESTEEM

- Body image
- 10 steps to positive body image

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