

A woman with long, wavy brown hair is standing on a balcony, leaning against a metal railing. She is wearing a black turtleneck and black pants. She is smiling broadly and gesturing with her hands, looking off to the side. The background is a blurred cityscape.

PS. ACADEMY OF SELF-ESTEEM

Mastering confidence together..

*" So many years of education yet nobody ever taught us
how to love ourselves and why it's so important. "*

WHY SELF-ESTEEM

We live in times of **confidence crisis**, let's face it. More than ever before millennials are faced with growing insecurities, lack of clear direction and the constant search of identity.

Too often we put ourselves down and are afraid to be authentic. We are scared of judgements, we compare ourselves to some unattainable standards, we set expectations too high (often based on the external factors) and by not meeting them, we end up belittling ourselves on a daily basis, often without even realizing.

We lack self-love, self-belief, self-worth, self-acceptance - all faces of confidence.



Academy of Self-esteem was designed to fight against the growing self-esteem deficit and equip each and every individual with their own face of confidence.

WHAT IS ACADEMY OF SELF-ESTEEM



A place where ambitious and driven individuals from all walks of life come together to work on their self-esteem. It's a safe and supportive environment with inspirational networks, professional self-development tools and coaching techniques.

Our common desire is to fully embrace our strengths and unique qualities, free ourselves from social anxiety and self-doubt and radiate positive energy.

We believe that confidence is a learnable skill and once mastered, we can truly begin to flourish in all areas of our life. It starts with **self-acceptance**, learning how to love yourself for who you are. We want to work on this together as we all lack confidence in one area or another. The aim is to create a high level of self-belief and self-worth that will lead us to long-term fulfilment, happiness and success.



WHY YOU SHOULD JOIN

100% success rate in increasing confidence in who you are, what you do and what you want

Learn how to face challenges and fears with drive and excitement

Learn how to stop comparing yourself with others

Free yourself from social anxiety and self-doubt

Embrace your strengths and key attributes

Maximise your personal growth

Love yourself



A group of people are sitting on a grassy area, possibly a park or waterfront, with a city skyline in the background. The scene is dimly lit, suggesting dusk or dawn. The people are silhouetted against the light. In the foreground, there are some items on the ground, including a white cooler and some food containers. The city skyline features several tall buildings, including the Freedom Tower on the right. The water is visible in the background, and a few people are walking on a path in the distance.

"To have high self-esteem is to feel confidently appropriate to life."

- Nathaniel Branden

HOW WE OPERATE



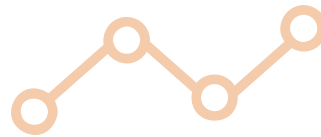
6-12 months

6 stages of confidence building

2-4 hours a month of group coaching sessions

community support and networking opportunities

ongoing online support and communication throughout the programme



Monthly Meetings | Workshops | Group Coaching | Resources | Weekend Retreats | Networking



PROGRAMME



FOUNDATION



PREP STAGE

Self-Reflection



STAGE I

Reality-Check



STAGE II

Self-Discovery / Acceptance

IMPLEMENTATION



STAGE III

Self-Recognition



STAGE IV

Positive Mindset



STAGE V

Fear Challenge

PYOT



STAGE VI

Action

*"It's never too late to be what you might have
been."*





STAGE I



1 session / 2 hours

REALITY-CHECK

FOCUS:

Self-esteem analysis and self-exploration

TOOLS:

Self-esteem debate / reality-check

Vision design with the goals breakdown (GROW Model)

OUTCOMES:

Breaking down confidence into 5 logical levels

Increasing your self-awareness around where you are and where you want to be

Understanding your own definition of confidence and clarifying your vision around it



STAGE II



2 sessions / 4 hours

SELF-DISCOVERY

FOCUS:

Self-Acceptance: Understanding who you are

TOOLS:

Captain & Crew

Confidence Toolkit

Life-purpose discovery

Values, strengths & skills discovery

OUTCOMES:

Owning your strengths

Embracing yourself for who you are

Accessing your inner strengths, courage & wisdom

Gaining clarity and direction around what you want in life

A top-down view of a laptop keyboard on a dark wooden desk. The keyboard is silver with black keys. A quote is overlaid in white cursive text across the center of the keyboard. To the left of the laptop, a pair of white earbuds with a white cable lies on the desk. In the top left corner, a portion of a glass with a textured pattern is visible. The background is a dark, textured wooden surface.

"You have to take risks. We will only understand the miracle of life fully when we allow the unexpected to happen."

- Paulo Coelho



STAGE III



2 sessions / 4 hours

SELF-RECOGNITION

FOCUS:

Self-Worth: The relationship you have with Self

TOOLS:

Self-saboteur assessment

Archetype exercise & range expansion exercise

OUTCOMES:

Identifying & managing your self-critical voices

Expanding your personal range of possibilities / self-growth

Accessing your inner wisdom, courage & strength & building your self-worth

Developing a system of self-recognition, achievement tracker & reward system

** Identity level*



STAGE IV



2 sessions / 4 hours

POSITIVE MINDSET

FOCUS:

Self-Belief: Understanding your current Self-Image

TOOLS:

Mindset analysis

Gratitude practice: daily habits

Exploring your inner obstacles and opportunities

OUTCOMES:

Clarity around your limiting and empowering beliefs

Understanding the fixed and growth mindset theory (C. Dweck)

Building set of daily habits to practice the positive / growth mindset

** Belief Level*



STAGE V



2 sessions / 4 hours

FEAR CHALLENGE

FOCUS:

Self-Belief: Overcoming challenges in a structured way

TOOLS:

Discussions on fear

Challenges & efforts tracker

"Out of comfort" zone exploration

OUTCOMES:

Confidence-building in action

Understanding your own relationship with fear

Developing a 12 months timeline on how to overcome your fears

** Behavioural Level*



STAGE VI



1 session / 2 hours

PUTTING YOURSELF OUT THERE

FOCUS:

Capability | Environment | Embodiment

TOOLS:

Environments analysis

Resources, opportunities, networks

Discussions on networking & public speaking

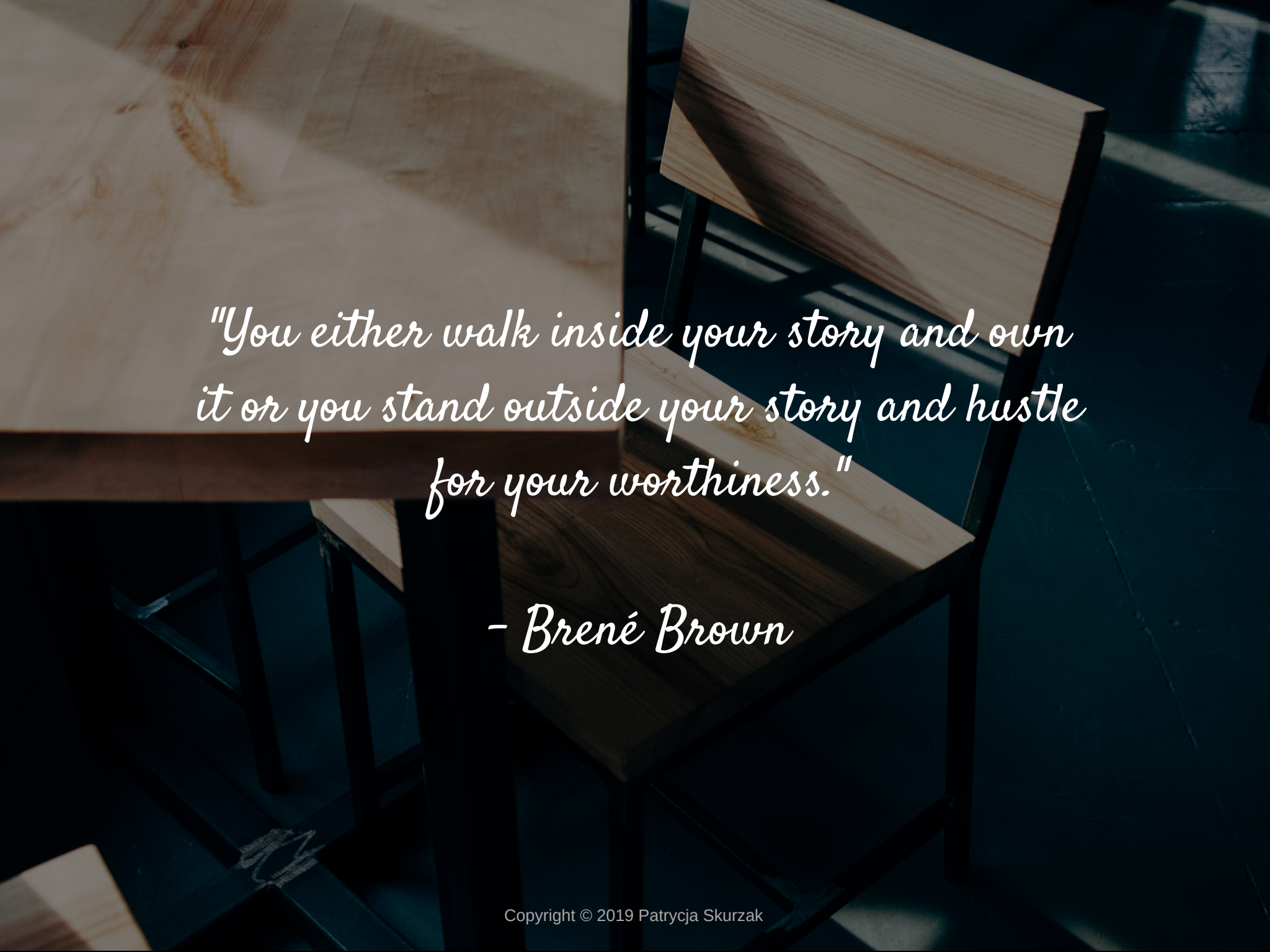
OUTCOMES:

Embodying your confidence

Mastering networking and people skills

Understanding what external factors affect your confidence and how to deal with them

** Capability Level*

A photograph of a wooden table and a wooden chair, both made of light-colored wood. The table is in the foreground, and the chair is behind it. The background is dark and out of focus. A quote is overlaid on the image in a white, cursive font.

"You either walk inside your story and own it or you stand outside your story and hustle for your worthiness."

- Brené Brown

LEARNING OUTCOMES



By mastering confidence and self-acceptance you will learn how to:

Improve the relationship you have with yourself.

Speak and present yourself with confidence.

Manage your inner fears & limiting beliefs.

Avoid comparing yourself with others.

Deal with rejection, failure & criticism.

Deal with shame & embarrassment.

Practice positive habits.

Embrace vulnerability.

Be assertive.

Be decisive.

To find out more, contact me now!



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