

## **Self Esteem and Self Confidence**

Self Esteem and Self Confidence is a Life-Long Learning Process Based on Past Experience and Performance....

### **Tips for Building and Maintaining**

- ❖ Self Awareness-Know who YOU are
- ❖ “DEVELOP” Yourself
- ❖ Recognize Your Strengths
- ❖ Accept Your Successes
- ❖ Be Accountable, Not Critical
- ❖ Take a Break
- ❖ Reward Yourself
- ❖ Seek a Mentor



Nurture it with as much care as you would a tender sapling; not criticizing it for not being a tree, but recognizing it for it's potential and stage of development.

