



A2.2 – Educative resources for teachers

# Lesson Materials

Module: **EMPOWERMENT IN CARE FOR WELL-BEING**

Sub-Module: Self confidence and self-esteem



# Introduction

<b>Module</b>	<b>EMPOWERMENT IN CARE FOR WELL-BEING</b>
<b>Sub-module</b>	Self confidence and self-esteem
<b>Lesson nr.</b>	#1
<b>Duration</b> (minutes)	225 (45 minutes lecture, 135 minutes workshop, 45 minutes independent work at home)
<b>Date</b>	

# Lesson Outcomes

- Awareness of the importance of social, physical and operational self-image
- Understanding the importance of a good self-image for achieving well-being
- Identifying opportunities to maintain self-confidence and self-esteem
- Identifying internal and external factors that affect self-esteem
- Use of methods and techniques for good self-esteem

# Self-Confidence & Self-Esteem

- Healthy self-esteem and self-confidence can help you lead a more fulfilling life.
- Self-esteem and self-confidence overlap, but they are different.

The next questions ask about your current feelings about yourself. For each of the following, please circle the number that corresponds with the answer that best describes how strongly you agree or disagree with the statement about yourself now.

	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree
1. I feel that I am a person of worth, or at least on an equal plane with others.	1	2	3	4
2. I feel that I have a number of good qualities.	1	2	3	4
3. All in all, I'm inclined to feel that I am a failure.	1	2	3	4
4. I am able to do things as well as most other people.	1	2	3	4
5. I feel I do not have much to be proud of.	1	2	3	4
6. I take a positive attitude toward myself.	1	2	3	4
7. On the whole, I am satisfied with myself.	1	2	3	4
8. I certainly feel useless at times.	1	2	3	4
9. I wish I could have more respect for myself.	1	2	3	4
10. At times, I think I am no good at all.	1	2	3	4

# Where You Get Self-Esteem

- Self-esteem is the absolute core of a person's identity, and the core of the level of success they will experience in the world.
- Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.

# Understanding the importance of a good self-image for achieving well-being

- Self-esteem test: evaluate your general level of self-esteem by taking online test.

<https://my.uq.edu.au/information-and-services/student-support/health-and-wellbeing/self-help-resources/self-esteem-and-self-confidence>

- Health Self – esteem:

[Self-Esteem Worksheet - Health Self-Esteem.pdf](#)

- How Self-Confident Are You?

[https://www.mindtools.com/pages/article/newTCS\\_84.htm](https://www.mindtools.com/pages/article/newTCS_84.htm)

# Identifying opportunities to maintain self-confidence and self-esteem

Improve low self-esteem

1. Recognise what you're good at
2. Build positive relationships
3. Be kind to yourself
4. Learn to be assertive
5. Start saying "no"
6. Give yourself a challenge



# Identifying internal and external factors that affect self-esteem

1. Knowledge
2. Attitudes, Beliefs and Core Values
3. Life Adaptation Skills
4. Psychological Disposition
5. Physiology
1. Social Support
2. Media
3. Sociocultural, Political and Economic
4. Biologic
5. Health Care System
6. Environmental Stressors
7. Societal Laws and Regulations

# Use of methods and techniques for good self-esteem

1. Get to know yourself
2. Reprogram your thinking
3. Be more assertive
4. Make changes in your life
5. Surround yourself with positive influences
6. Reward yourself
7. Share with others

# Practical work - workshops (3 hours)

1. What your strengths are? (worksheet one)
2. The good things about yourself and your life (worksheet two)
3. Challenging your negative beliefs (worksheet three)
4. Self-Confidence Worksheet (worksheet four)

# Practical work - workshops (3 hours)

## Guided Meditations to Boost Self-Confidence

- [https://www.youtube.com/watch?v=5l\\_gj-eMefU&t=4s](https://www.youtube.com/watch?v=5l_gj-eMefU&t=4s)
- <https://youtu.be/5Za1RZWmnYA>
- <https://www.youtube.com/watch?v=taA33MtvI0E>

# Independent work at home (1 hour)

Completing this worksheet and journaling about positive things for seven straight days will help you realize that there are so many good things that are in your life and slowly shift your perspective to look for positive things throughout your day, including positive things about yourself.

<https://www.therapistaid.com/worksheets/self-esteem-journal.pdf> - worksheet



**GIVINGCARE**  
Empowering Caregivers

Thank you!

Teachers's name

Teachers e-mail

Date of the session

