

Self-Esteem

Building Connections: Community Leadership Program

Notes for PowerPoint Presentation

Outstanding leaders go out of their way to boost the self-esteem of their personnel. If people believe in themselves, it's amazing what they can accomplish. – Sam Walton

When I look in the mirror, what do I see?

When other people look at me, what do they see?

What is Self-Concept?

- Self-Concept is a view of one's self.

Where does Self-Concept come from?

- Self-Concept is derived from what we cannot change about ourselves such as race, background and childhood experiences

What is Self-Esteem?

- Self-Esteem is an expression of your perceptions about yourself and the reaction and response of others to you as an individual.

Self-Esteem is portrayed by.....

- Our behavior.
- The dialogue we utilize.
- The tone of our voice.
- How we choose to see others. Which lenses do we use to see others?

Basic Components of
Self-Esteem

- Worthiness
- Competence

To improve your Self-Esteem, take care of yourself!

- Health
- Safety
- Peace
- Learn

Health

Do things to improve your health. Exercise, eat healthy, reduce stress, and relax! When you feel better physically, your psychological health improves.

Safety

- Value yourself!

- Wear your seatbelt.
- Do not drive drunk or ride with someone who is.
- Practice risk management.
- Respect your need for safety.

Peace

- Spend time doing things YOU like!
- Take time to pray, to meditate, to enjoy nature and to enjoy friends.
- Let your thoughts wander.
- Reflect on your life and your experiences.

Learn

- Read.
- Take Classes.
- Visit with friends or significant others.
- Stay informed.
- Learn something new.
- INVEST IN YOURSELF!

Avoid things like.....

- Negative self-talk
- Jealousy
 - Learn to accept yourself and others.
- Comparisons
 - Look for special qualities in yourself and others.
 - Don't compare your worth and achievements to those of others.
 - Don't wish the failure of others.
- Hiding feelings
 - Fake smiles are dishonest.
 - Everyone has a right to their feelings.
- Blaming
 - Work with what you have.
 - Accept your mistakes.
 - Don't make excuses for your refusal to change.

“Self-fulfilling prophesy” - the prophecy is that if others around us think we will fail at a task, then we are likely to fail and the prophecy is fulfilled.

Characteristics of Self-Esteem

- High Self-Esteem
 - Active
 - Positive
 - Confident
 - Flexible

- Low Self-Esteem

- Passive
- Negative
- Nervous
- Rigid

High Self-Esteem Results in:

- Success
- Better health
- Better relationships
- Better social life
- Success on the job

Take what you have learned and utilize it! You are the best judge of your capabilities.

Be confident in yourself and your abilities. Be a leader!

No one can make you feel inferior without your permission. – Eleanor Roosevelt