

# Self-Esteem

## Objectives:

- ✓ To differentiate between self-concept and self-esteem.
- ✓ To evaluate self-esteem in interpersonal communication.
- ✓ To analyze behavioral influences and their effect on self-esteem.
- ✓ To describe characteristics of self-esteem.

## Advance Preparation:

- ✓ Review materials and PowerPoint (approximately 45 minutes of preparation time)

## Materials Needed:

- ✓ Projection device
- ✓ Self-Esteem Notes for PowerPoint Presentation
- ✓ PowerPoint Presentation
- ✓ Writing Instruments
- ✓ Paper

## Time Needed:

- ✓ 45 minutes

## Background

Self-esteem is an expression of your perceptions about yourself and the reaction and response of others to you as an individual. Self-concept is a view of one's self. Self-concept is derived from the things that we cannot change about ourselves, such as race, background, and childhood experiences.

Mruk (1995) states the basic components of self-esteem are competence and worthiness and their interaction with each other. Competence is normally a behavioral characteristic and is measured in terms of whether the outcome of an action is deemed effective or ineffective. Worthiness is experiential and deals with personal and social values. It is these two elements that provide the basis for evaluation of personal characteristics and the development of self-esteem.

The expectations we have for ourselves and for others play a large role in our performance in everyday life. It was Robert Rosenthal (1993), in the 1960s that linked expected behavior with performance. This performance becomes what is called a "self-fulfilling prophecy". Essentially, 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.

What does this mean? As leaders in our communities, we must have a strong sense of who we are, what we can accomplish, and the image we portray to others. It is our behavior, the dialogue we utilize, the tone of our voice and how we see others that portrays our self-esteem.

## Interest Approach (15 minutes)

- Ask the participants to list 10-15 internal qualities or characteristics (good & bad) about themselves on paper. The characteristics should be written in the form of action statements, such as:
  - I can\_\_\_\_\_.
  - I believe\_\_\_\_\_.
  - I do\_\_\_\_\_.
  - I cannot\_\_\_\_\_.
- After the participants have listed qualities about themselves, ask the participants to place a positive (+) or negative (-) value next to each quality or characteristic.
- Finally, have the participants write how that quality or characteristic influences others.

## Lesson (30 minutes)

- Emphasize this lesson as a growing experience for the audience. The audience should be able to evaluate themselves and learn more about themselves as a result.
- Reading the quote on slide 2 will set the stage.
- Start the lesson by reading slide 3, asking the question, "**When I look in the mirror, what do I see?**" Pause and let the audience reflect as they answer the question within themselves. Follow with slide 4 and the next question, "**When other people look at me, what do they see?**"
- Ask the audience to remember their answers throughout the lesson, have them write down the answers, if necessary.
- Describe self-concept and self-esteem (slides 5-8).
- Describe the steps to improve self-esteem (slides 10-14).
- Avoid things like.....(slides 15-16) are examples of what not to do to keep self-esteem high.
- Emphasize slide 17. Be YOU!
- Knowing what low self-esteem and high self-esteem can lead to (slides 18-19) will help the audience visualize the possibilities of what can occur.
- Finally, wrap the lesson up with positive sayings and the great quote by Eleanor Roosevelt.
- Leave time for questions and reflections.

## Application

Leadership requires people to have a strong sense of self and what they can accomplish. Believe in yourself. Leaders are those who are confident and portray that confidence to others. Self-esteem should be maintained throughout life. Being surrounded by significant others in life helps the feeling of being accepted. Focus on positive behavior. Be assertive. Remember, it is our behavior, the dialogue we utilize, the tone of our voice and how we see others that portrays our self-esteem.

## References

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Mruk, C. (1995). *Self-Esteem: Research, theory, and practice*. New York: Springer.

Rosenthal, R. (1993). Interpersonal expectations: Some antecedents and some consequences. In B. D. Blanck (Ed.), *Interpersonal expectations: Theory, research and applications* (pp3-24). Cambridge, UK: Cambridge University Press.

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