



## IMPROVING SELF ESTEEM AND CONFIDENCE

THE GROUP RUNS OVER 6 WEEKS, EVERY WEEK FOR TWO HOURS ON A SPECIFIC DAY AND AIMS TO HELP PEOPLE IMPROVE THEIR SELF-ESTEEM AND CONFIDENCE INDEPENDENTLY. EVEN THOUGH THIS IS GROUP SUPPORT, THERE ARE ELEMENTS OF 1:1 SUPPORT INCLUDING REGULAR CHECK INS IF NEEDED AND SUPPORT PLAN REVIEWS WHICH ARE DONE ON A 1:1 BASIS. THE GROUP IS INTERACTIVE AND A GREAT WAY TO BUILD SUPPORT NETWORKS WHILST LEARNING HOW TO BETTER IMPROVE YOUR CONFIDENCE AND SELF-ESTEEM.





**IMPROVING SELF ESTEEM AND  
CONFIDENCE SCHEDULE:**

**SESSION 1: SELF-ESTEEM PSYCHOEDUCATION**

**SESSION 2: THOUGHT CHALLENGING**

**SESSION 3: CHALLENGING OUR THOUGHTS**

**SESSION 4: EXPLORING YOUR POSITIVE SELF**

**SESSION 5: SELF-COMPASSION**

**SESSION 6: REFLECTION AND CLOSING**

**TO ENROL DOWNLOAD A REFERRAL FORM AND SEND  
IT IN OR GIVE US A CALL ON 0800 0234 575**

