

# TEACHING 2 INSPIRE

## Raising Self-esteem

### COURSE CONTENT

Introduction: what causes low self-esteem?

Strategy for building self-esteem: essential factors.

Practical steps: towards the raising of self-esteem.

Institutional changes: how school life can reinforce self-esteem.

Guidance notes are provided.

These are available as an alternative to a delivered programme.

Course Fee: £400

Materials only: £75