

self day

+ self esteem = life fulfillment



24th June 2009

Celebrate International Self Esteem Awareness Day

Learn to believe in yourself and build self confidence.

'MAKE A DIFFERENCE' for YOU
and others at home and at work with your
families, friends and work mates.

Get involved to achieve:

- **5 Activities to boost Your own esteem**
- **5 Activities to boost another persons esteem**
- **1 Community activity**

Ideas, articles, activities, Ebooks, Eposters, Display signs are available FREE on line, to assist anyone with building self-esteem at work, home and in the community.

Visit www.internationalselfesteem.com

For more information contact:
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