

International Self Esteem Awareness Day



Part 2 Promotional Sheet



SELF ESTEEM TIPS FOR CHILDREN

10 Tips for Parents

1. Appreciate your child
2. Tell your child that you love them
3. Spend time with your child
4. Encourage your child to make choices
5. Foster independence in your children
6. Giving genuine importance to your child's opinion and listening
7. Take the time to explain your reasons
8. Take time to listen to their reasons.
9. Feeding your child with positive encouragement
10. Encouraging your child to try new and challenging activities

School Bullying

With New Zealand school ranking high on the list of bullying in schools, it is time adults took notice and action. Bullying is very real...and can lead to suicide in our children and it happens because of low self esteem.

1. Bullying is about low self esteem.
2. Bullies happen because children and adults do not know how to have good relationships.

Statistics now confirm the importance in dealing with these issues. Below are 10 tips.

1. Listen to your children and ask questions to prompt some discussion.
2. Discuss bullying with your children
3. Ask your children or any of their friends to tell either their parent, friends, teachers or someone about any bullying
4. Tell the children – not to take it personally. It's not just about them...it could be anyone.

5. Tell the children that if it wasn't 'them' who was being bullied, it would be someone else.
6. Bullies are cowards who don't feel good about themselves so try to put others down.
7. Bullies have low self esteem and only pick on others who also have low self esteem.
8. If you are being bullied – list things/tasks/skills/passions/sports anything that you enjoy and you like about yourself.
9. Seek help from any of the services – Lifeline or any other organization.
10. Learn about self esteem and how to boost it in your children.

Download a complimentary set of Eposters for Display at your School or classroom
<http://www.internationalselfesteem.com/Self-Esteem-Posters.htm>

SELF ESTEEM IN THE WORKPLACE

BOOST Self Esteem & Improve Workplace Performance

Selfday Ideas for the Workplace

If you are reading this, you are a person of influence in your workplace and getting involved can be as simple as asking or emailing your staff to write down and/or share with others

- 2 things they feel good about at work this year
- 2 things they have achieved at work
- 1 skill they do well at work

Then ask them to apply this to others as well

OR...ask your team members to give out 5 compliments to different fellow staff members that day

OR...set up a competition with some rewards

Or a combination of the above

THEN WATCH THE RESULTS.

If you want a 2009 **Selfday** poster to display email here: <mailto:janice@attitudespecialist.co.nz>

OR here's some additional help:

30 WORKPLACE TIPS TO BOOST SELF-ESTEEM CAN BE FOUND HERE

<http://www.attitudespecialist.co.nz/self-esteem-tips.htm#eight>

WORKPLACE AND HOME PLACE BULLYING CREATE SELF ESTEEM CHALLENGES

<http://www.attitudespecialist.co.nz/articles/WorkplaceHomeBullying.htm>

Other ideas, techniques and activities accumulated are available free on line, to assist anyone with building self-esteem at work, home and in the community. Visit <http://www.internationalselfesteem.com>

*****Bullying in the Workplace *****– If you think you are experiencing workplace bullying, please read the book: Workplace Bullying by Andrea Needham or seek outside counselling.

FREEBIES

For more ideas visit www.internationalselfesteem.co.nz.

125 Tips to Boost your Esteem - free ebook

Download and share the tips provided there by another teenager who has been bullied, along with many other tips to improve esteem for children and adults.

Upcoming – Self Esteem Course

If you have any questions please contact:

Janice Davies – the lady with nice in her name.
Attitude Specialist.

Email Janice@attitudespecialist.co.nz

Phone 09 424 8400

Mobile 021 514 511

Boost your Esteem Worksheet

Though we travel the world over to find the beautiful, we must carry it with us or we find it not.
- Ralph Waldo Emerson,

Write down 7 things you physically do well. Eg. Cooking, swimming

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

Write down 7 attributes you use at work or home. Eg. Helpful, friendly.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

Boost your Self-Esteem by taking these four steps.

1. Use affirmations to boost your self-esteem.
2. Associate with positive, supportive people.
3. Make a list of your past successes.
4. Stop comparing yourself with other people
5. Stop putting yourself down.
6. Take advantage of workshops, books and cassette tape programs on self-esteem.
7. Make a list of your positive qualities

My Successes Journal



Name _____

Date/Week _____

1. I am great because _____

2. Today I did/achieved _____

3. I felt good because _____

4. Next week I will try _____

5. I wish that _____

6. My goals is _____

Signed _____