

SELF ESTEEM & ASSERTIVENESS

You are capable of amazing things!

Small steps make big changes!

Be Yourself ★ Speak Up ★ Believe
Led by Kim Horan

What is Self Esteem?

Self-esteem is how you feel about yourself. It's knowing your worth, believing in your abilities and being kind to yourself – even when things are tough.



You are enough just as you are!

Build Your Self Esteem

- ✓ Notice your strengths and what you're good at.
- ✓ Be kind to yourself – you're human!
- ✓ Celebrate your progress, not just perfection.
- ✓ Surround yourself with positive people.
- ✓ Do things that make you feel good.

What is Assertiveness?

Assertiveness means standing up for yourself, expressing your thoughts, feelings and needs in a respectful way – without being aggressive or letting others push you around.

Your voice matters!

Be Assertive

- ★ Use kind and clear language.
- ★ Say what you need and want.
- ★ Listen to others and respect their views.
- ★ Set boundaries (you have the right to say no).
- ★ Keep calm and be confident.

CONFIDENCE
+
KINDNESS
=
REAL POWER

Remember...

You have the right to be heard.

You have the right to make your own choices.

You have the right to be you!



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