



Self-Esteem and Confidence: An 8 Week Online Course

I have put together an online course, with the same type of material that a full-4-day workshop or 12 session coaching programme on "Building your Self-Esteem and Confidence" would contain.

- It is an [eight-week online course](#). Each week beginning on Monday and on the seven subsequent Mondays I will email you notes and information on self-esteem and confidence. There will also be work for you to do. This work will be exercises as you would do during a workshop or coaching session. The exercises are not difficult but are important to do as they will result in an improvement in your sense of self-worth and competence. The more you do them the bigger the differences you will see in your life.
- The work you can do in your [own time anytime during the week](#), and should take between 2 - 3 hours a week to complete the material. There will be actions that you can implement in your day to day life and which you should start to make part of the way you think, feel and act to ensure lasting benefits.
- During the course of the programme - which means up until one month after the last session has been emailed to you, you can [email your queries, comments, issues, etc., to me, to which I will reply as if in a workshop or coaching session. Feel free to email anything as often as you need to. You can send an unlimited number of emails to me while you are busy with this online course.](#)
- Once a week when I email out the notes, exercises and self-coaching work for the week, I will also [collate the queries, comments and issues](#) that everyone who has ever done the course has sent in, together with responses, and email them to everyone signed up for the course. No names will be mentioned so people can remain anonymous. However you will get the benefit of the questions and comments from others who have done, or are currently doing the course.

You need to register and pay before starting the programme. You can start the programme at any time.

Many people have done this course in workshops and one-on-one coaching and it is a comprehensive course that will change your life for the better. Once you have paid for the course and received the work, you can follow the program over and over again and continue to gain more each time you do it. People have said that it is a life-changing program.

The outline of the 8 week programme is as follows:

Week 1: How to structure your work session and exercises so you get the most from this course. What is self-esteem? Why self-esteem matters? How you develop self-esteem? Self-concept and self-beliefs. What is your self-concept like? How you come to develop your self-concept? What are beliefs? How are beliefs formed?

Week 2: Positive and negative beliefs about the self. Understanding your positive and negative beliefs about yourself. Core beliefs, thoughts and behaviours of people with high self-esteem. The cost and consequences of holding a negative self-concept. Changing a negative self-concept. Challenging and changing negative beliefs about yourself. Entrenching a positive self-concept.

Week 3: Self-care. Establishing and maintaining healthy support networks. Self-respect. Self-expression. Assertiveness. What is assertive behaviour? What is not assertive behaviour? How to be assertive. Comparison between assertive, passive, and aggressive thinking. Practicing being assertive.

Week 4: Self-acceptance, self-compassion, self-forgiveness. Understanding and dealing with guilt and shame. Self-parenting of the child and teen selves.

Week 5: Personal standards. Personal Boundaries. Why set personal boundaries? When to set personal boundaries? How to set personal boundaries? How to enforce personal boundaries? Dealing with challenging/difficult/rude people. Not taking things personally.

Week 6: Self-responsibility and self-empowerment. Taking responsibility versus blaming and justifying. Where do you take responsibility in your life? Where do you not take responsibility in your life? Where do you need to take more responsibility? Living with integrity. Being authentic.

Week 7: Building a sense of self-efficacy – a sense of competence to life. Having a sense of purpose. Setting goals. Understanding success and failure. Setting yourself up to succeed. The critic versus the coach. Creating mini-adventures.

Week 8: In this last session we look at building the habits of thinking and acting to keep your self-esteem and confidence high. We look at what knocks your self-esteem and confidence in life. How you recognise when your self-esteem and confidence is dropping. How to get back on track. Actions plan examples are given and you develop you own plans going forward.

Contact: penny.holburn@live.co.za for more information or to book for the course.