**Course Title: Building Self-Esteem: Empowering Your Inner Self**

**Course Description:**

This course is designed to help individuals understand, develop, and maintain healthy self-esteem. Through a combination of theoretical insights, practical exercises, and reflective assessments, participants will explore their self-perception, confront negative beliefs, and cultivate a more positive self-image.

**Course Outline**

**Module 1: Understanding Self-Esteem**

* **Week 1: Introduction to Self-Esteem**
	+ Definition and importance of self-esteem
	+ The difference between self-esteem, self-confidence, and self-worth
* **Week 2: Theories of Self-Esteem**
	+ Overview of psychological theories (Maslow, Rogers, etc.)
	+ Factors influencing self-esteem (family, culture, experiences)

**Module 2: Self-Assessment**

* **Week 3: Identifying Self-Perceptions**
	+ Guided self-reflection exercises
	+ Journaling prompts to explore self-image
* **Week 4: Recognizing Negative Beliefs**
	+ Understanding cognitive distortions
	+ Exercises to identify and challenge negative thoughts

**Module 3: Building Positive Self-Esteem**

* **Week 5: Practicing Self-Compassion**
	+ Techniques for self-acceptance
	+ Mindfulness practices to foster compassion
* **Week 6: Setting Healthy Boundaries**
	+ Understanding the role of boundaries in self-esteem
	+ Practical exercises to establish personal boundaries

**Module 4: Maintaining and Growing Self-Esteem**

* **Week 7: Goal Setting and Achievement**
	+ Creating SMART goals for personal growth
	+ Celebrating small wins
* **Week 8: Sustaining Positive Changes**
	+ Strategies for long-term self-esteem maintenance
	+ Building a support network

**Assessment**

**Formative Assessment (Throughout the Course)**

1. **Reflective Journals**: Weekly journal entries to document insights, challenges, and progress.
2. **Group Discussions**: Participation in weekly discussions to share experiences and learn from peers.

**Summative Assessment (End of Course)**

1. **Self-Esteem Improvement Plan**:
	* Develop a personalized plan that includes:
		+ A summary of self-assessment findings
		+ Specific strategies for building self-esteem
		+ Long-term goals and methods to track progress
	* **Format**: 3-5 pages, including a self-reflection section.
2. **Presentation**:
	* Present your Self-Esteem Improvement Plan to the class (10-15 minutes).
	* Share key insights and how you plan to implement your strategies.

**Grading Criteria:**

* Depth of self-reflection and understanding (30%)
* Practicality and creativity of the Improvement Plan (30%)
* Clarity and engagement of presentation (20%)
* Participation in discussions and journal submissions (20%)

**Additional Resources**

* Suggested readings and articles
* Access to online support groups
* Recommended apps for mindfulness and self-reflection

**Conclusion**

By the end of this course, participants will have a comprehensive understanding of self-esteem, practical tools for improvement, and a personalized action plan to continue their journey toward greater self-acceptance and confidence.