

# **SELF ESTEEM**

**MS. REWA. GODBOLE.  
M.A. PSYCHOLOGY (COUNSELLING).  
(COUNSELLING PSYCHOLOGIST)**

# WHAT IS SELF-ESTEEM?

- **“ Self – esteem”** is a person’s overall analysis about their strengths and weaknesses. It is how we see ourselves, our self beliefs and our feelings.



# HOW DO WE GET SELF ESTEEM?

- **We aren't born with it.**



- **It is something we learn from the environment as we grow up.**
- **It is something we learn from our parents, teachers and caregivers.**

# A HEALTHY SELF-ESTEEM.

- **Let children be loved and cared by their parents, teachers and other caregivers.**
- **Encourage and support the child.**
- **Interact and communicate with the child in a positive way to build their self-esteem and personality.**



# AN UNHEALTHY SELF-ESTEEM

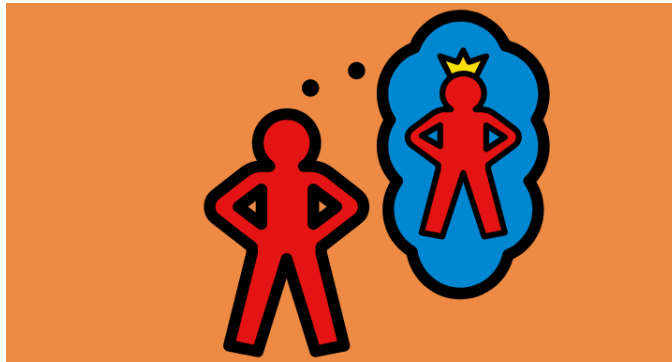
- **Criticism and blaming oneself.**
- **Being disappointed on oneself.**
- **Getting angry and frustrated easily.**
- **Giving-up easily.**
- **Not trying new things.**
- **Denying challenges.**
- **Using negative talk and thinking.**



Self esteem

# SUCCESS AND SELF-ESTEEM

- **The children learn this concept since their early childhood years.**
- **Try- try till you succeed formula.**
- **Encourage and motivate children to build a healthy self-esteem.**



# THANK YOU



## COUNSELLING SERVICES

Child | Adult  
Parental | Marital  
Family | Career

## TESTING SERVICES

IQ | Aptitude  
Interest | Personality

**Rewa Godbole**

B.A. (Psychology), M.A. (Counselling)

+91 97698 19076

18/B, Mayoor Society, MTNL Marg,  
Near Portuguese Church, Dadar (w),  
Mumbai- 400028, Maharashtra, India.

rewa@counsellorrewa.com

www.counsellorrewa.com