

YEAR 9: WHAT IS SELF-ESTEEM



"Awareness is the first step toward growth." - Nathaniel Branden

WORKSHOP DESCRIPTION

The first session focuses on building self-awareness and fostering connection. Students will explore self-esteem, the impact of words, and how choices influence their growth and relationships. Through engaging activities, students will learn to recognise barriers, bring awareness to their negativity bias, and build tools to empower themselves and others.

WORKSHOP OUTCOMES

For each participant to:

- Build awareness of their self-esteem: where they are and where they want to go.
- Recognise the impact of words on themselves and others.
- Understand the power of choice and how to use it positively.
- Identify and address their negativity bias to make empowering decisions.

HOW TO BEST SUPPORT DURING THESE WORKSHOPS

- **Be alongside the youth:** Participate fully in the activities, modeling curiosity and openness as if you were a student yourself.
- **Meet them where they are:** Be relatable and approachable. Find common ground by engaging in conversations about shared interests or experiences.
- **Share your story:** When appropriate, share your own experiences to build trust and offer insight into the workshop topics.
- **Foster self-reflection:** Encourage students to think deeply about their choices, values, and connections by asking thoughtful, open-ended questions.
- **Be authentic:** Show up as your true self—your honesty and vulnerability can inspire students to open up and engage more deeply.
- **Support their growth:** Recognize their efforts and encourage them to embrace challenges as opportunities for learning and building resilience.