

Gift of Self-Esteem

HHP 265

Instructor: Nancy Greene, RNNP Holistic Nurse Practitioner (303) 912-2351

1 Credit

Description:

Self-Esteem is a powerful tool because it taps into the deepest parts of ourselves. It is a must for personal, interpersonal and professional success in today's world. There is a direct correlation between self-esteem and health, both mentally and physically. Yet in our culture the skills learned by chance—if at all,. The course will explore self-talk, self-appreciation, self-responsibility, belief and expectations and win-win communication.

Course Objectives:

- 5 techniques to increase personal power and create positive self-esteem in oneself and others
- To design a personal plan to maintain those techniques in the workshop
- Learn how....what we think is what we get
- To recognize symptoms and stages of lowered self-esteem
- To identify factors that result in personal power
- To feel empowered to take action in one aspect of their life

Grading:

A	Class participation 15minute homework 1 hour homework
B	Class participation Any 2 items above in A
C	Class participation Any 1 item above in A
D	Class participation
F	Observation in class