

Nurturing Self-Esteem

A MindSculpt Class for Guahan Academy

Friday, March 3rd - 8:00 AM ChST

Could you benefit from a bit more confidence?
Do you have trouble making decisions you believe in?
Join this therapist-led discussion on self-esteem &
the ways you can actively work on improving it.

In this event, you'll learn:

- How self-esteem enhances aspects of our lives
- To increase & maintain healthy self-esteem levels
- How to identify inner strengths you possess
- Skill-building exercises that help to identify & reinforce inner confidence

It's vital to understand how crucial self-esteem is to our lives & mental health. Join Savor Lining's therapist & your team members to begin to enhance yours.

No Registration Required
RSVP to the team calendar invite.



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