

## **LIKING YOURSELF IMPROVING SELF CONCEPT**

Audience: Women, via church, community, health, or work organizations

Description:

This workshop is designed for women who wish to improve the way they experience themselves and the way they allow themselves to be experienced. The commandment “Love thy neighbor as thyself” suggests that love of self is a starting point for genuine loving of others. It also suggests that if one does not love/like oneself, how is it possible to genuinely love others.



In this workshop, improvement of self concept and thus self liking is approached via lecture, materials and exercises aimed at helping the participants identify all the wonderful qualities each possesses and to revise how they talk to themselves with the goal of healthier positive self talk versus destructive negative self talk.

Format: (in order of recommended time allocations)

Two 3-hour (1/2 days) workshops

One 5-hour condensed workshop

One 3-hour (1/2 day) presentation/workshop (selected focus)

One 2- hour presentation/workshop (condensed and selected focus)

One presentation on the factors contributing to lack of self valuing in girls and women.