

True self esteem comes when we know our real worth, deep down in our hearts. There is nothing for us to prove, nothing to pretend about or hide.

We need not live in fear.

This is an opportunity for a small group to experience a very powerful and life-transforming course, designed by Brad Brown co-founder of the More To Life programme. We invite you to:

- understand how and why you keep yourself small or act big
- explore self-defeating accusations and demands
- gain greater self-knowledge and understanding
- discover true self esteem
- practise and use the skills and tools provided
- free yourself up to be the best you can be - every day of your life

The course will led by Aileen Smith and Kathryn Carr.

Saturday 5th and Sunday 13th May 2018

Venue: Northallerton, North Yorkshire

9 am - 6.30 pm both days. Please bring your own lunch

Teas, Coffee and Light Refreshments will be provided

Course fee: Individual - £195.00*

*Full CPD Certification available for an additional fee - Ask for details.

Concession - £99.00 (Students/re-takes/means-tested benefit claimants)

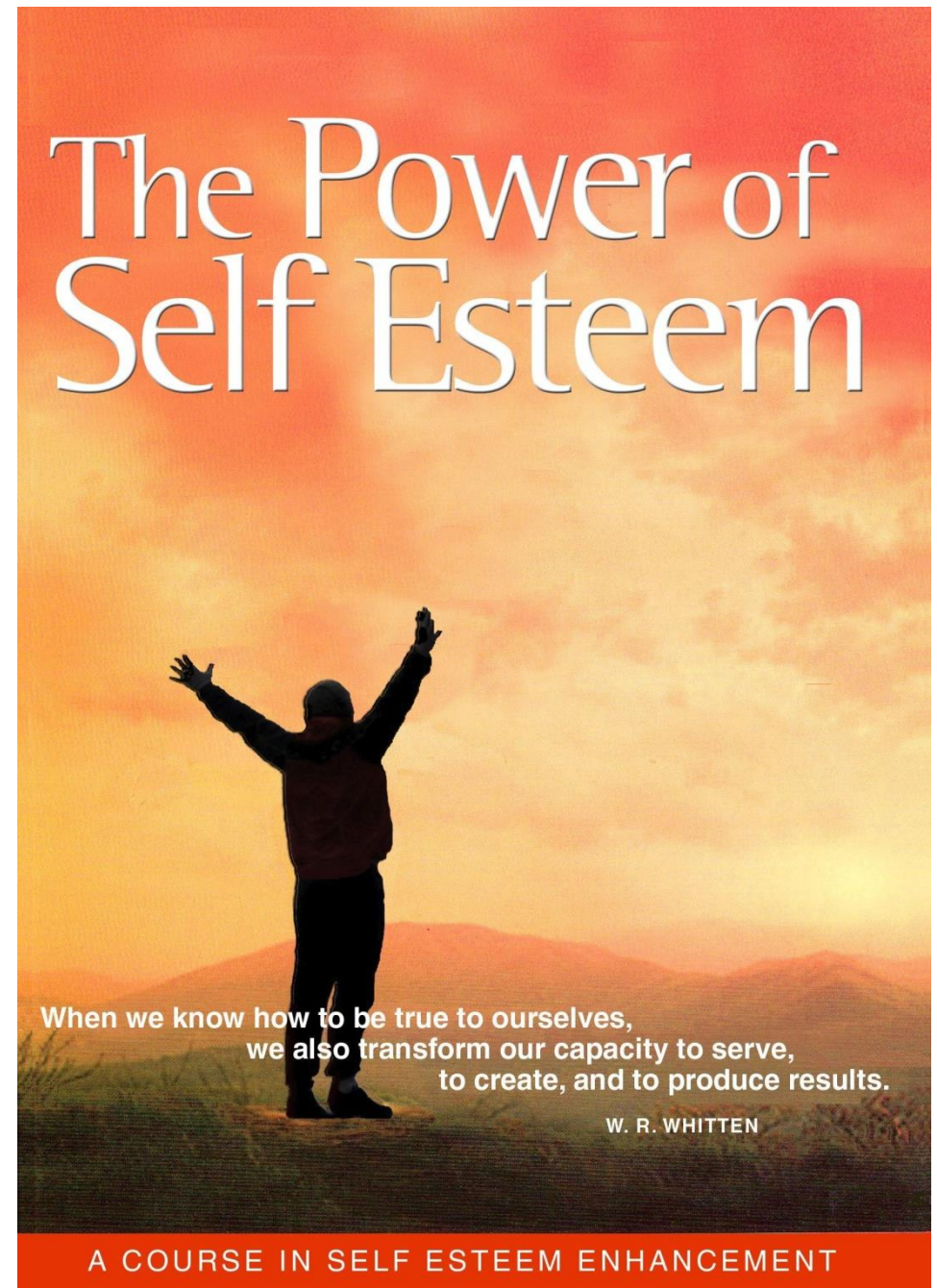
Fee includes tuition and all materials, including links to audio downloads - a key tool for your learning and offering invaluable support after the course.

If you would like to talk about the course, please call

Aileen Smith: 01845 537534 or Kathryn Carr: 07718 163301

Email: Kathryn.carr@btinternet.com/Aileenandkeith@talktalk.net

Find more information at www.moretolife.org



The Power of Self Esteem

When we know how to be true to ourselves,
we also transform our capacity to serve,
to create, and to produce results.

W. R. WHITTEN

A COURSE IN SELF ESTEEM ENHANCEMENT

**“What lies behind us and
what lies before us are
small matters compared
with what lies within us.”**

RALPH WALDO EMERSON

About the Course

The Power of Self Esteem teaches you a natural way to be at your best in life, without driving yourself or generating unnecessary stress.

There is a good reason why we do not expect to be at our best on an everyday basis, and it springs from a lifelong habit of viewing external results as a measure of our inner worth and attaching our self-esteem to our ability to be the way we think others want us to be.

The course shows you ways to maintain your own sense of yourself, no matter what may be happening around you at the time. You are able to access your creative inner potential, make more effective course corrections, and use critical feedback to your own advantage. And you develop deeper connections with all those who are close to you, together with a way of being that constantly affirms their own self esteem.

Self Awareness

Self esteem is our idea of our own basic worth, and it has its roots in our childhood. Early on, our sense of value is associated with the positive regard of others, or linked with our achievements. We may accomplish much in later life, yet feel dissatisfied because our self esteem still depends on our success or failure.

The Power of Self Esteem shows you how to identify this deeply-rooted system of beliefs, and develop a new awareness of who, and what, you really are.

It will transform the way you express yourself in the world. Instead of struggling to deal with unconscious demands about the way you ought to be, you become free to be as you are.

As you learn to distinguish true self esteem from the endless cycle of reward and punishment to which it has become attached, you will connect more deeply with what you really want for yourself and your life, and start to express yourself with a new kind of passion and power.

Self fulfilment

When you know how to get the results you want without driving yourself or generating unnecessary stress, you also discover a new kind of self-fulfilment – one without strings attached.

And, since the way we see ourselves affects the way we are with others, you will notice that your partnerships become more satisfying too.

You will deepen your connection with all those who live and work beside you, increasing your ability to guide and motivate your family, friends, partners and colleagues, and empower them to be all they can be in their turn.

**“Men marvel at mountains,
at the mighty waves of
the sea and the eternal
circuits of the stars,
but we do not marvel
at ourselves,
ourselves we pass by.”**

ST AUGUSTINE

Enhancing your self-esteem

The Power of Self Esteem is taught in a warm and supportive atmosphere. It is normally offered in small groups, and its skills are practical and simple.

The course is currently the world's largest programme for self esteem enhancement. It is one of many courses offered through The More To Life Programme, and it is taught by licensed Mentors on four continents.

The cost of the course varies with the location. For more information, speak to the person who gave you this leaflet. Alternatively, visit our website for full programme details at <http://moretolife.org.uk/esteem>

The More To Life Programme CIC
Registration number 7401503

<http://moretolife.org.uk>