



Education & Skills
Funding Agency



MIRROR IMAGE WORKSHOP

COURSE SUMMARY:

During this three hour workshop you will learn about ways to promote your positive self esteem.

ENTRY REQUIREMENTS:

- Aged 19 or over
- Able to take part in a discussion in a small group and to follow verbal prompts (via a signer or other communicator if required)



AWARD:
Unaccredited

WHAT WILL YOU DO ON THIS COURSE?

During this workshop you will recognise characteristics of high and low self esteem and identify situations that effect our self esteem. By the end of the workshop you will be able to:

- ✓ Recognise positive aspects of self esteem
- ✓ Practise a technique to change your negative thinking
- ✓ Address harsh self-judgement

PROGRESSION FROM THIS COURSE:

- Confidence and Wellbeing course
- Stress Management workshop and the longer progression course.



**REALISE
FUTURES**
Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY