

Human Resource Solutions

Chatyze

Youth Leadership Development Workshop

Developing a Positive Self-Image



Child Welfare Tshwane
NPO Reg No 001-612

Hosted for Child Welfare Tshwane, October 2021

https://www.johncmaxwellgroup.com/wayneabrahams



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Welcome

Child Welfare Tshwane
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BACKGROUND



Bullying, failure, low self-image and poor character decisions are at the heart of many of the challenges facing young people today. John Maxwell and the John Maxwell Team (Chatyze) have decided to do something about it. Certified John Maxwell Team speakers are offering YouthMAX, a youth leadership curriculum, designed to give today's young people practical tools and ideas to help them navigate life.

Developing a Positive Self-Image *(One of the four topics in the curriculum),*

teaches youth that we all are unique, have value and have high value to others. With this in mind we can build personal confidence and develop daily habits that will help youth maintain a positive self-image.

This workshop is customized for Grades 8-12 learners based on the need analysis conducted for Child Welfare Tshwane.

AIM





To Impart Practical Skills that Improve a Positive Self-Image

OUTCOMES



1. To confirm that participants understand what self-esteem is.

2. To encourage participants to value themselves first so that they can increase their self confidence.

3. To define what self-limiting beliefs are, identify them in their personal life's and practice steps to overcome it.

4. To know and exercise at least five steps to improve their self-image.

SELF-ESTEEM



- To "esteem," someone or something is to "respect" or hold in high regard.
- By definition, then, when a person has self-esteem, they respect themselves. And when they do not respect themselves, it reflects a lack of self-esteem.

SELF-ESTEEM (Continuation)



THE POWER OF A POSITIVE SELF-ESTEEM

1. Single most significant key to a person's behavior.
2. Low self-esteem puts a ceiling on our behavior.
3. The value we place on ourselves is the value others place on us.
4. If you place a small value on yourself, the world will not raise the price.

SELF-LIMITING BELIEFS



1. Feeling of certainty about what something means.
2. Understandings of painful & pleasurable experiences in our past.
3. Power to create & the power to destroy.
4. If your beliefs don't empower you, you can change them.

Anthony Robbins

OVERCOMING SELF-LIMITING BELIEFS



1. Identify a limiting belief you want to change.
2. Determine how that belief limits you.
3. Decide how you want to act, feel or think.
4. Decide a "turnaround statement" that affirms or gives you permission to act, feel or think differently.

SELF-IMAGE



Self-image is the single most important factor in determining your level of success in life.

1. You must believe in yourself.
2. You determine how others see you.
3. How you see yourself determines how you see others.
4. You determine your future.

STEPS TO DEVELOP YOUR SELF-IMAGE



1. Guard your self-talk.
2. Stop comparing yourself to others.
3. Move beyond your own self-limiting beliefs.
4. Celebrate small victories (Be Grateful).



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Thank you for your presence.
Hope to serve you again!

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VISION

To be one major role-player in unlocking human potential

NBI® Neethling Brain Instruments

- Unlocking Potential=Passion
- Empowering Leaders



The JOHN MAXWELL Team — The MAXWELL DISC METHOD CERTIFIED TRAINER

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