HR Initiatives

Presentation on Self Esteem

Building Positive Self Esteem and Image

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Self Esteem

★ **"Self Esteem is how we feel about over selves. It is a feeling inside which comes from an awareness of what is good"**

★ **"Self Esteem critically influence everything, from our performance at work, our relationship and/or our role as a member of society"**

Self Esteem

★ **"Self Esteem is our self concept. One cannot perform beyond the boundaries of self concept"**

★ **"Being Sensitive is the positive approach, the caring and sharing approach. Touchiness is the cactus approach; you touch me and I am going to hurt you"**

Self Esteem

Character can be judged by what we do or don't do like or don't like such as:

★ The kind of movie we enjoy

★ The kind of music we listen

★ The kind of company we keep or avoid

★ The kind of jokes we tell others or laugh at

★ The kind of books we read

★ The character define the status of self esteem

Self Esteem

Advantages of High self Esteem:

* Build Strong Conviction

* Enable to accept responsibility

* Build optimistic attitude

* Makes a person more sensitive to others

* Improves performance and risk taking ability

* Help person to give and receive healthy criticism

* Makes a person to accept opportunities & challenges

* Makes person motivated and Ambitious

* Builds caring and sharing attitude

Self Esteem

How do we recognize Low Self Esteem

★ They are gossipmongers

★ They have critical nature

★ They have high ego,arrogant & that they know it all

★ They tear down other to get a felling of superiority

★ They constantly makes excuses

★ They are close minded & self centered

★ They get defensive & justify failures,blame others

★ They have fatalistic attitude, no initiatives

★ They are jealous by nature

★ People don't know where to draw line of decency

Self Esteem

Causes of Low Esteem:

* Negative Self talk & Negative Auto suggestions
* Environment at home & office
* Upbringing & Nurturing
* Education
* Poor Role models
* Failure or success ripple effect
* Unfair comparisons
* Unrealistic expectations
* Lack of Discipline
* Labeling & put down

Self Esteem

Steps to Build positive Self Esteem

* Turn Scares into stars
* Learn Intelligence ignorance
* Do something for others
* Learn to give and receive compliments
* Accept Responsibility
* Practice Discipline
* Set Goals
* Associate people of high characters
* Become internally driven
* Give yourself Positive auto suggestions

Self Esteem

Set your own standards

* Look for positive in every situation/person
* Resolve to be happy
* Set your view point judiciously
* Develop an immunity to negative criticism
* Learn to find pleasure in everything you do
* Ups and down are part of life
* Make the best of every situation
* Keep yourself constructively occupied
* Help others who are less fortunate
* Don't hold guilt or bear grudges

"Self Esteem

"The test of fire is makes fine steel"
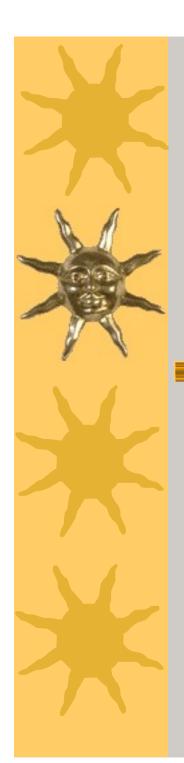
"No one can make you feel inferior without your permission"

"It is better to be alone rather than staying with bad company of people

Self Esteem

Action points:

★ Read stories of successful people who have turned negative into positives

★ Regularly and systematically commit your time for effective learning

★ Stay away from negative influences

★ Practice giving and receiving sincere compliments

★ Practice self discipline

★ Associate people have high moral character

★ Be creative and find ways to turn your weakness to strengths

★ Practice patience preserve even if the results are not visible

★ Start accepting responsibility for your behavior and actions, accept mistakes with total ownership

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Thank You

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