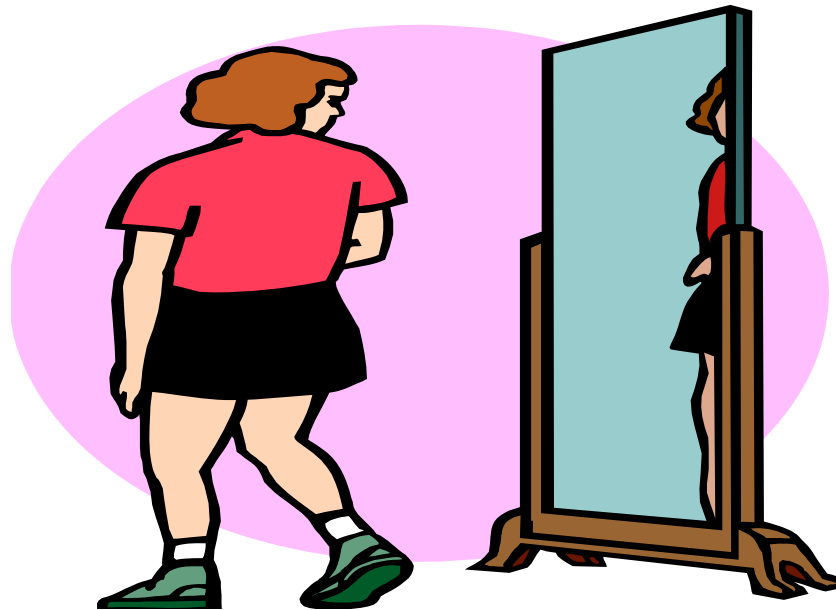


# SELF ESTEEM for Job Search





## Create a “Commercial of Me”

Emphasizing the positive characteristics and capabilities of you, develop an advertisement or commercial to “sell yourself”.

It may be a radio or television ad, billboard, sweepstakes



# How much do you believe in your self?

- On a piece of paper write down the percentage of how much you believe in yourself. 100%? 75%? 50%?
- What are you achieving with that percentage?
- What would happen if you believed in yourself 25% more?
- Dreams and self belief are free.
- You can take all you want and walk away.

# SELF-ESTEEM

How important is it?

- If you want to rise to any challenge you must believe in yourself.
- Without confidence in what you can do and in who you are what chance do you have of happiness or success?
- It is essential for the job search process – which also can involve rejection



# How important is self-esteem?

- It gives you the courage to try new things and the power to believe in yourself.
  - It affects your self image
  - If you do not value yourself how will you be able to value others?
  - Self esteem enables you to have the right attitude to succeed at work
  - It is very important because it affects how you think, act and even how you relate to other people. It affects your potential to be successful.
- It affects your happiness – at home & work
  - Having good self-esteem is also the ticket to making good choices about your career.
  - Self-esteem is essential to our ability to function in a healthy way.
  - Without the foundation of a solid sense of self-worth, we are unable to take the risks and make the decisions necessary to lead a fulfilling, productive life.

# Self-Esteem...What is it?

- **Self- Esteem is:**
- Your opinion of yourself.
- How much you value yourself and how important you think you are.
- How you see yourself and how you feel about your achievements.
- Knowing that you are worth a lot (**priceless, in fact!**). It's knowing that you're worthy of being loved and accepted.





## Self-Esteem includes...

- Beliefs about ourselves:  
e.g. “I am competent / incompetent”) and  
Emotions (for example: triumph / despair, pride/ shame).
- **Behaviour may reflect self-esteem**  
for example: assertiveness/timid,  
confidence/caution).



## Your self-esteem depends on many questions:

- Is your job worthwhile? Do others respect what you do? Do you?
- Do you believe you are successful?
- How do you see yourself (your self image)?
- How do you feel about your strengths and weaknesses?
- What do you think of your social status?
- How do you relate to others?
- Can you make your own decisions? A lack of choices leads to low self esteem

# Self-Esteem...what is it made of?

- **Your self-esteem is made up of all the experiences and interpersonal relationships you've had in your life. Everyone you've ever met has added to or taken away from how you see yourself!**





## WHERE DOES SELF-ESTEEM COME FROM?

- Our self-esteem develops and evolves throughout our lives as we build an image of ourselves through our experiences with different people (social factors) and activities.
- Experiences we have with our:
  - Immediate family
  - Teachers
  - Supervisors/Managers
  - Religious authorities and
  - Peers
- All of the above contributed to the creation of our basic self-esteem.



# Self-Esteem

Class discussion:

- **How is self-esteem created?**
- **Self- Esteem is largely developed through:**
- **How can a healthy self-image support your job search?**

# Good Self-Esteem Impacts You on the Job





# The Effects of Low self Esteem

People with low self-esteem possess the following characteristics:

- They don't believe in themselves.
- They see themselves failing before they begin.
- They have a hard time forgiving their mistakes and make themselves pay the price forever.
- They believe they can never be as good as they should be or as others.



## What Does Your "Inner Voice" Say?

- Our past experiences, even the things we don't usually think about, are all alive and active in our daily life in the form of an **Inner Voice**. Although most people do not "hear" this voice in the same way they would a spoken one, in many ways it acts in a similar way, constantly repeating those original messages to us.
- For people with healthy self-esteem the messages of the inner voice are positive and reassuring.
- For people with low self-esteem, the inner voice becomes a harsh inner critic, constantly criticizing, punishing, and belittling their accomplishments.
- Low self esteem can make many things difficult. We **blame** ourselves for things that are not our fault; we **underestimate** our abilities, and we expect things to go **wrong** for us.
- A low self-esteem corrodes our love lives, careers, family bonds, and, most importantly, our internal sense of well-being.



## 12 STEPS TO HIGH SELF ESTEEM

1. Forgive yourself for past mistakes
2. Focus on your positive attributes.
3. Follow the example of successful people.
4. Become a self talker.
5. **Exhibit a good attitude.**
6. **Get plenty of rest.**
7. Make your work skills your own
8. Practice your talents
9. Become physically fit.
10. Learn new things.
11. **Improve your personal relationships.**
12. **Dress well!**



# Self-Esteem Assessment

## Steps that can be taken to improve self-esteem

- Determine if your self-esteem is at a healthy level by completing this questionnaire:
- **Self-Esteem Assessment**
- **Directions:** Circle T if the statement is true for you. Circle F if the statement is false for you.
- **T F** I am able to discuss my good points, skills, abilities, achievements, and successes with others.
- **T F** I assert myself with someone whom I am not comfortable with or who has done me wrong.
- **T F** I am content with who I am, how I act, and what I do in life.
- **T F** I am not bothered by feelings of insecurity or anxiety when I meet people for the first time.
- **T F** My life is balanced between work, family life, social life, recreation/leisure, and spiritual life.
- **T F** I am aware of the roles I played in my family of origin and have usually been able to make these behaviour patterns work for me in my current life.
- **T F** I am close to my family members and others in my environment at home, work school and in the community.
- **T F** I am able to perform daily tasks necessary to ensure my ongoing healthy self-esteem.
- **T F** I am satisfied with my level of achievement at school, work, home, and in the community.
- **T F** I am a good problem solver; my thinking is not clouded by fears or unrealistic doubts.
- **T F** I am willing to experience disagreement, if necessary to protect my rights.
- **If you circled F for three or more of the above questions, you probably need to work at increasing your self-esteem. .**



# SELF ESTEEM

- **Accept yourself:** Stop worrying about the things you can't change. Be more accepting of others and the things they can't change.
- **Try not to compare with others.** It's unfair. You may compare their strengths with your weaknesses. Judge yourself in terms of your own growth



## SELF ESTEEM...Final Thoughts

- You are a unique individual. No one else is like you in the whole world. This makes you special already!
- Our time in this world is limited. Make it happen for you so you leave your mark in history!
- There are two different people in the world. One that says “I wish I had” and the one that says “I’m glad I did”. Remember you can have anything in this world if you just believe in yourself.

# SELF ESTEEM



THANK YOU

A graphic featuring the words "THANK YOU" in a bold, 3D, light blue font. The letters are set against a black, slightly tilted rectangular background. The "THANK" part is positioned above the "YOU" part, creating a stacked effect. The letters have a slight shadow and a gradient, giving them a three-dimensional appearance.