

Self-Esteem

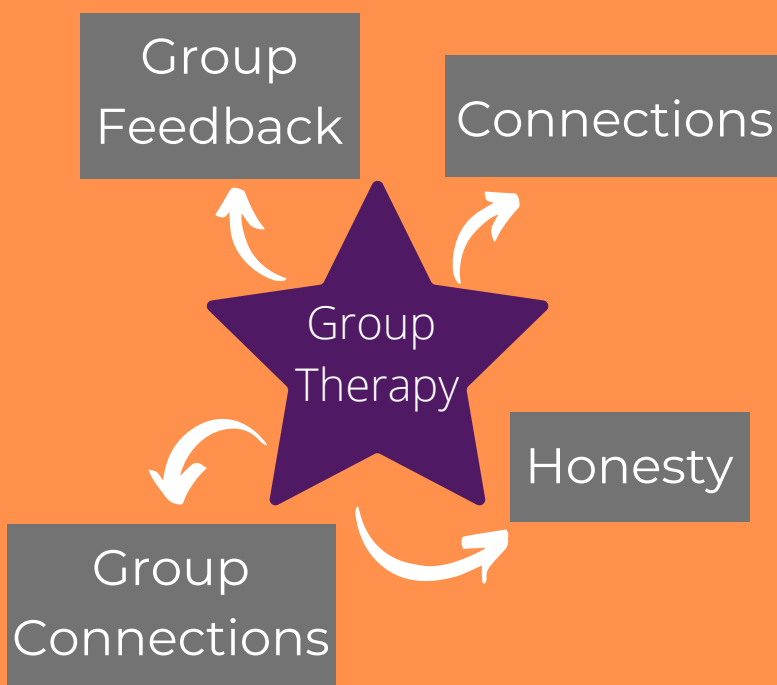
Group Therapy

What is Self-Esteem

Self-esteem refers to a person's overall sense of his or her value or worth. It can be considered a sort of measure of how much a person "values, approves of, appreciates, prizes, or likes him or herself"

We know that believing in yourself and accepting yourself for who you are is an important factor in success, relationships, and happiness and that self-esteem plays an important role in living a flourishing life. It provides us with belief in our abilities and the motivation to carry them out, ultimately reaching fulfillment as we navigate life with a positive outlook.

Benefits



Group therapy is a form of psychotherapy that helps people better understand themselves and relate to other people.

Going to a group with others who experience the same challenges helps people realize they are not alone. This creates a supportive environment that allows people to open up and start building their self-image and self-worth.

Themes

1. Understanding Self-esteem and defining rules
2. Recognizing our Value and Talents
3. Learning Effective Communication techniques
4. Exposure Activities - Compliment Journal & PRAK



Price: Rs.2,000/Session

Location: ReACH Psychiatry (The Clinic, 4th Floor)- #319, 7th main, HRBR Layout, Kalyan nagar, Bangalore-43 (Landmark- Above health and glow, opposite Banaswadi Metropolitan club)