

Course Summary:	This course will focus on the different approaches to developing self-esteem. During the active participatory segments of the course, guided experiential exercises will train participants in using effective methods for dealing with self-esteem issues in clients, self and others.
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Performance Objectives:
<p>A) Describe three approaches to developing self-esteem. B) Identify how low self-esteem effects behavior. C) Explain how to empower others and enhance self-esteem.</p>

Course Outline				
Day	Time Begin (24 Hour)	Time End (24 Hour)	Subject or Topic	Instructional Methodology
1	0800	1000	Introduction and Orientation. Objectives and goals for enhancing self-esteem.	Lecture Audio/Video Clip
1	1000	1200	Identifying different approaches to developing self esteem.	Lecture Group Discussion Audio/Video Clip
1	1200	1300	Lunch	
1	1300	1500	Identifying low self esteem and how it effects behavior	Lecture Group Discussion Demonstration Group Exercise Audio/Video Clip Trainee Practice
1	1500	1700	Methods to empower self-esteem in self, clients, and others. Discussion, Feedback, and evaluations	Lecture Group Discussion Demonstration Group Exercise Audio/Video Clip Trainee Practice Evaluation