



*"I can improve my self-esteem!"*

**3 month online program**

## **An I-infinite Potential.com program**

Debilitating lack of self-esteem is at the root of many of our problems in life – troubled relationships, isolation, emotional turmoil, lack of progress, addiction, burnout, people pleasing and feeling alone is some of them.

Acquiring a healthy self-esteem sounds like an unattainable holy grail of self-help endeavours, yet with a little help from someone who has walked this road herself, you can change your own life.

Each step is carefully set out and practically illustrated with checklists, practical homework, worksheets and customized homework.

So if self-acceptance, improved relationships, real connection, getting support, better communication, better decision making, more initiative, achieving goals and more energy sounds like something you would like, this is the program for you!

### ***Take a look!***

**"I can Improve my Self Esteem!" 3 month program**

**Includes:**

- Start up One on One evaluation session (1 hour)
- Self-esteem Evaluation checklist
- 12 weekly Skype group sessions (2 hours each)
- Customized weekly homework
- "I can improve my self-esteem!" E book
- "I can improve my self-esteem!" worksheets
- 3 month evaluation: one on one session (1 hour)
- Closed Facebook Community
- Daily e mail

Numbers are limited in order that everyone will get personal attention.

Cost: R3900/\$390

All inclusive.