



Self-Esteem Programme

Muschamp Children Centre

Session time 10.00 – 12.30 am

12.00 – 12.30 pm a light lunch will be served

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| 2nd Feb | What does self-esteem and confidence mean to me? |
| 9th Feb | What do I want for the future? |
| 23rd Feb | Who am I? |
| 2nd March | How I feel about myself? |
| 9th March | Strategies to support my self-esteem and confidence |
| 16th March | Looking forward to the future |