

Self Esteem Building And Confidence Enhancement





Top 3 Self Esteem Practices

**IDENTIFY AND
CHALLENGE
LIMITING BELIEFS**



PRACTICE SELF-CARE



selfcare

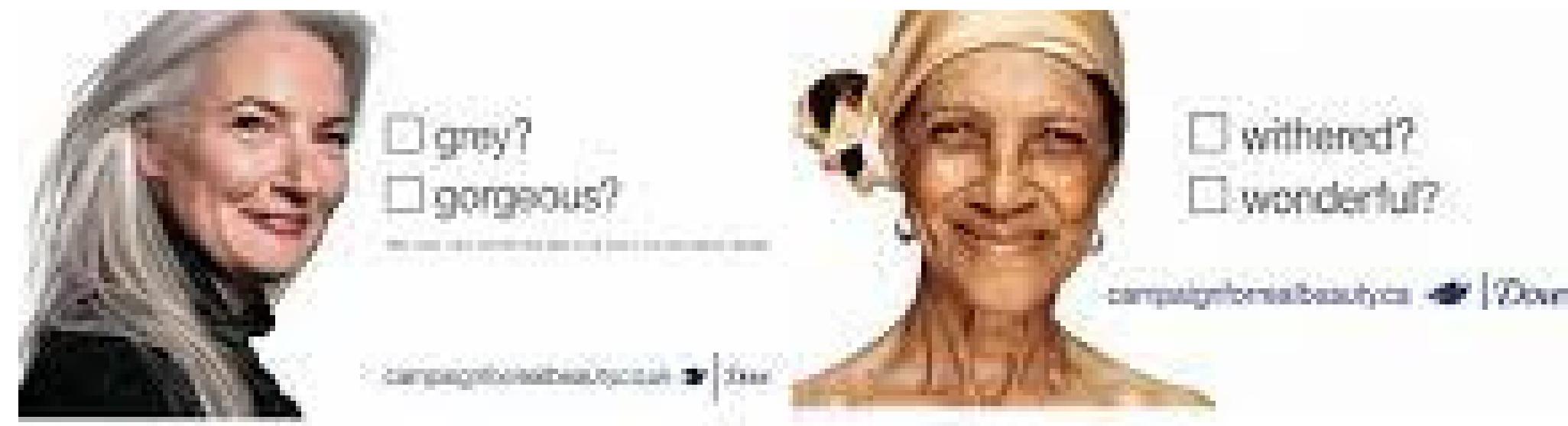
EMBRACE SELF— COMPASSION



Indra Nooyi

(Former chief executive officer and chairperson
of PepsiCo.)

cause
study



DOVE'S "REAL BEAUTY" CAMPAIGN

RESULT



Positive impact on self-esteem:

Continuing initiatives:

Conclusion

Dove's "Real Beauty" campaign serves as a real-life example of a self-esteem building program for women. By challenging conventional beauty ideals, promoting inclusivity, and providing resources for self-acceptance, Dove's initiative has had a positive impact on women's self-esteem and body image perceptions, sparking a larger societal conversation about beauty standards and promoting a more inclusive definition of beauty.



15 Practices To Follow Self-Esteem And Confidence Enhancement

The Three Compliments Journal



Pay Attention to Your Desires and Needs

**Start Eating Healthy and Take Proper Care of
Yourself**

Take Proper Hygiene

**Dress Something That Makes You Feel
Wonderful**

Make a Self-Esteem Collage



Revathi Advaiti

(CEO of Flextronics)

Set Up Challenges You Can Achieve

Reinforce a Good Self-Image with Affirmations

Do Something Nice for Yourself



**Practice Laughing... at Yourself
Also**

Make a Self-Esteem Bucket

Make a Contribution



**Find a Hobby You Can Pursue
Independently**

**Replace Your Negative Thoughts With Positive
Ones**

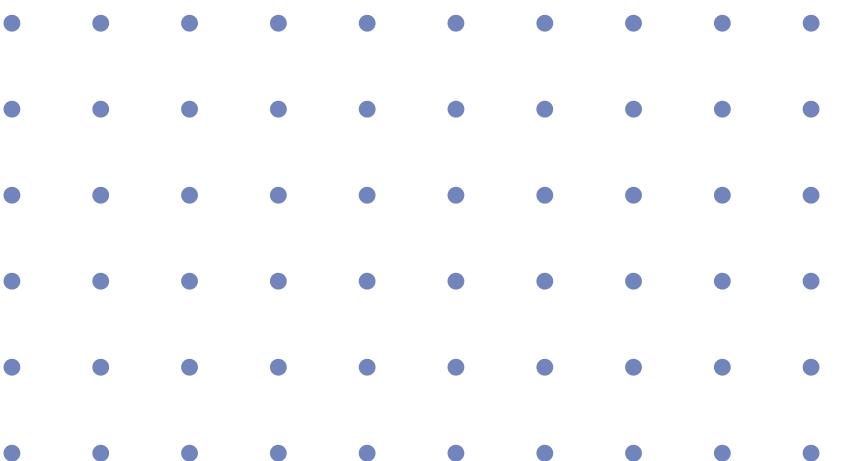
Rely on Self-Hypnosis and Visualization



Roshni Nadar
(chairperson of HCL
Technologies)



TODAY'S ACTIVITY





Positive Self-Talk

Sita's Agni Pariksha (Trial by Fire)

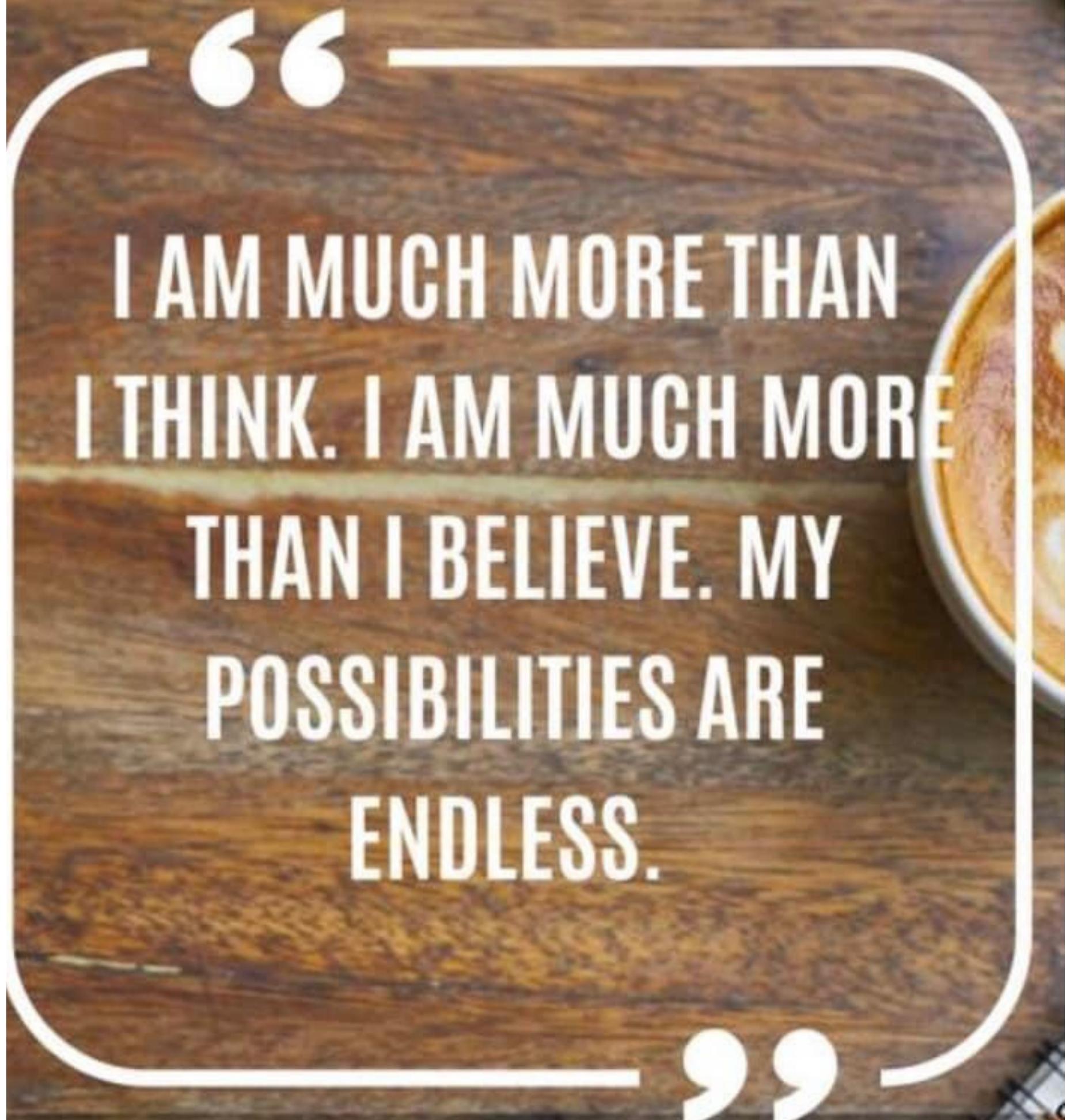




This episode showcases Sita's inner strength, self-assuredness, and self-esteem. Despite facing doubts and undergoing a challenging ordeal, she remained steadfast in her belief in her own integrity. Her willingness to face the trial by fire serves as an empowering example of how women can draw upon their inner strength and self-worth to overcome adversity and protect their honor.

CONCLUSION

It's important to note that interpretations and perspectives on these ancient stories may vary. However, the example of Sita's Agni Pariksha can be viewed as an illustration of women's self-esteem enhancement and resilience, emphasizing the importance of self-belief and unwavering confidence in one's character and values.



“
I AM MUCH MORE THAN
I THINK. I AM MUCH MORE
THAN I BELIEVE. MY
POSSIBILITIES ARE
ENDLESS.”

Role Models

kiran mazumdar-shaw
(Biocon Limited)



Role Models

Ghazal Alagh

(Co-founder of Mamaearth)



Role Models

ADITI GUPTA

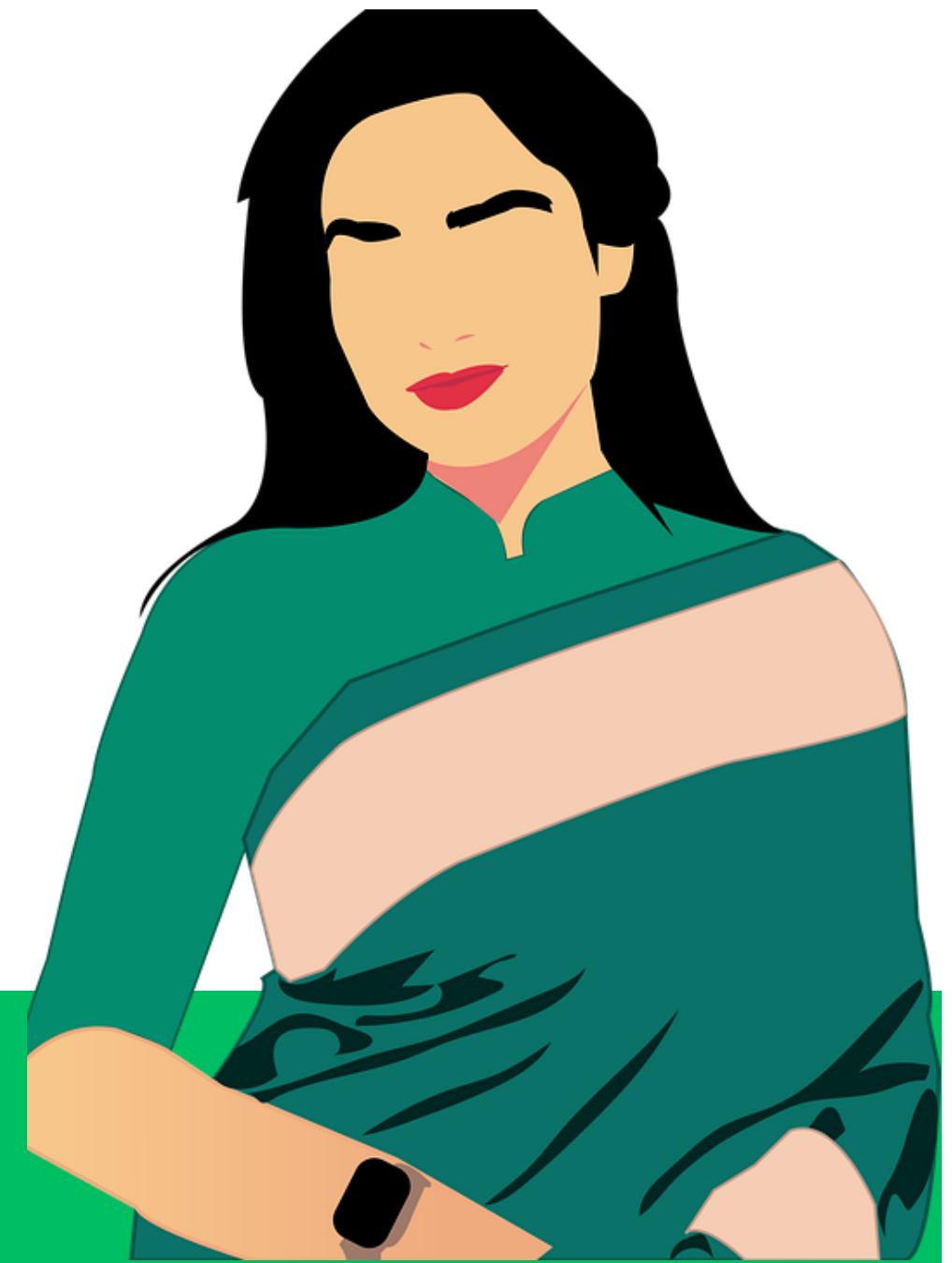
(Founder of Menstrupedia)



Avani Chaturvedi



First Woman Pilot



Starting today, prioritize yourself and
dedicate time to pursue the things you've
always wanted to do.



Thank
You