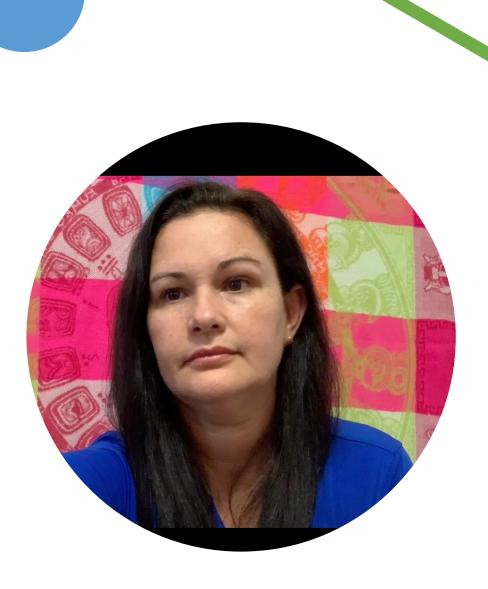
## Evolution Consulting Online Coaching Session



## Evolution Consulting



## Coach Yanet Gonzalez

#### Consciousness and self-growth coach

## Improving Self-Esteem

## Evolution Consulting Coaching Session





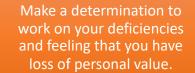
#### **COACH YANET GONZALEZ**

Origins of Self-Esteem issues Solutions to Improve Self-Esteem

### Self-Esteem Origins of Self-Esteem Issues

- Issues with Parenthood in childhood: Lack of motivation, inspiration or support on behalf of parents.
- Issues with schooling or lack of proper education.
- Issues with guidance.
- Issues with feeling unprepared.
- Issues with feeling unable to deliver expected results.
- Issues with past failures and being generally discouraged.
- Issues with giving credit to other's opinions.
- Issues with shyness or personality.
- Issues with having been past on opportunities.
- Issues with finding your personal value.

# Solutions to Improve Self-Esteem



Maintain yourself in a position of strength where other's opinions don't affect the course of your life and decisions.

Pave the way to become nowledgeable of a subject you can handle well. Once you can handle well a subject it will become easier to manage any doubts about what you can deliver.

Maintain your motivation and inspiration high to counteract difficult moments. If issues with childhood arise take a deep breath and avoid sinking into the past. Have in mind that the Now is all we have this moment, and we need to work with it. Interiorize that we all have something of value to add to society, our work, homes and in any situations. Every human being is a vessel of possibilities. Your input is very valuable.

Whichever subject you find o develop make it one that you can relate to fully and that it is within your perception and understanding.

If shyness arises in your daily activities think about your worth and personal value and that you are no less than that and find within the courage to act. Recall we all have a value to show.

If you have been past on opportunities that you felt you deserved, know that this is a common issue that is not unique to your experience.

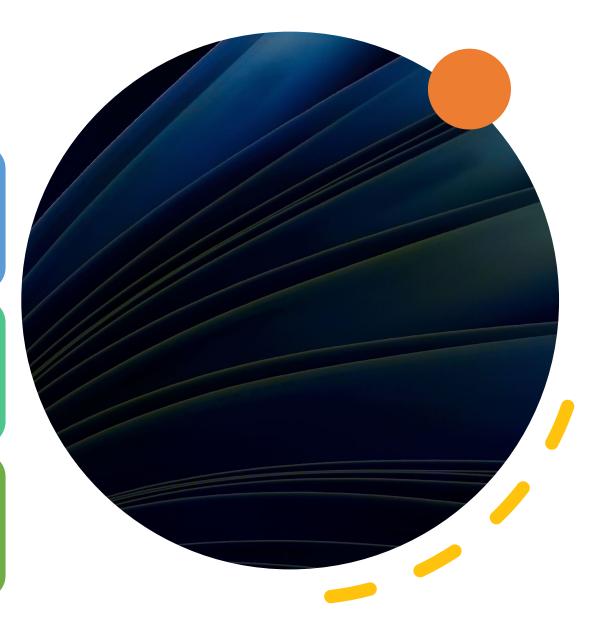
Always enjoy what you do.

# Coaching Session Conclusion

Self-esteem can be improved by taking into consideration the solutions provided to you in our session

We need to maintain our personal value unhinged from any disturbances and concerns so that our intelligence can flourish and support us in the process of Life.

Self-Esteem can be resolved by understanding the factors that opened it up and made us its prisoner.



# Show your value

