

Course:D005 Measure your Self-esteem

COURSE DURATION:

30 minutes

AVAILABLE IN:

- Non Audio

DELIVERED VIA:

- Intranet
- Internet

This course is designed to give you confidential feedback so that you can improve your self-esteem.

Course Content

- What self-esteem is
- Why it is important
- What the causes are of high and low self-esteem

Having completed this course you will:

- Have clear advice on how to improve self-esteem