YES YOU CAN !

EMPOWERMENT FOR WOMEN ONLINE



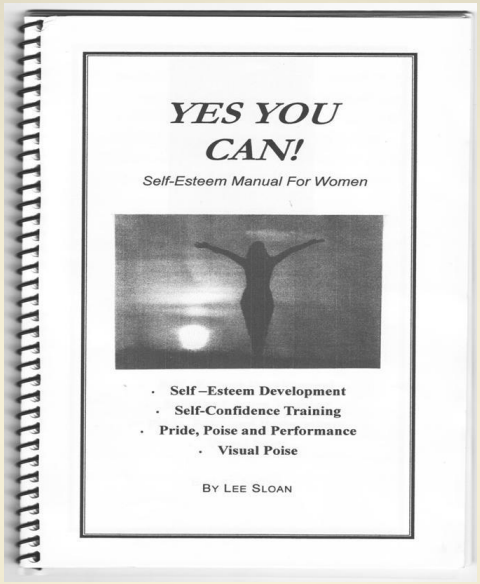
Faith Institute

YES YOU CAN !

Self-esteem Training for Women Workshops



Oletha M.Sloan





D. Harold Greene

Co-Authors

Module 1

What is Self -Esteem ?

The Importance of Self-Esteem

Formal Definition of Self-Esteem

Signs of Poor Self-esteem

Primary Properties of Self-esteem



Modules 2

The Influences of Self-esteem

The Past Does Matter

Parents; Your Friends

Your Teachers

Workplace

Television, Movies and Music



Modules 3

Origin of Negative Behavior

Why Does She Acts This Way ?

Core-of-Hate Personality

Core-of-Hurt Personality

Core-of-Health Personality



Modules 4

Letting Go of the Old Ways

What is Low Self-Esteem?

What Causes Low Self-Esteem ?

How Bad Relationship Can Effect Self-Esteem

Select. Don’t Settle



Modules 5

Unhealthy Self-Esteem

Recognizing Self-Esteem

What Self-Esteem is Not

Negative Behavior and Attitudes



Modules 6

Ways to Improve Self-esteem

Self-esteem for Life

Committing to Change

Self-esteem for Life

Be True to Yourself



Self-esteem Training

Module 4



Self-esteem Training

The degree to which you feel attachment to people in your early life affects the way you relate to people for the rest of your life.



As a child, your identity and self-esteem are tied not only to your parents and family members, but also to what you see and feel in the real world around you.



Perhaps your family has the greatest influence on the development side of your self-esteem and in the way your life is developed over a lifetime.



Lack of Self-esteem

Lack of self-esteem becomes the main ingredient in a life of fear, failure and self-hate.

If no one believes in you, then you will have a very hard time believing in yourself.



Try to be around people, especially adults, who show you unconditional love and acceptance.

Stay away from degrading, humiliating and negative people.



The Causes of Unhealthy Self-esteem

People who come from a family structure that is not supportive and unresponsive to their needs, those who lack positive communication and those who are detached from the everyday emotions tend to develop unhealthy characteristics such as:



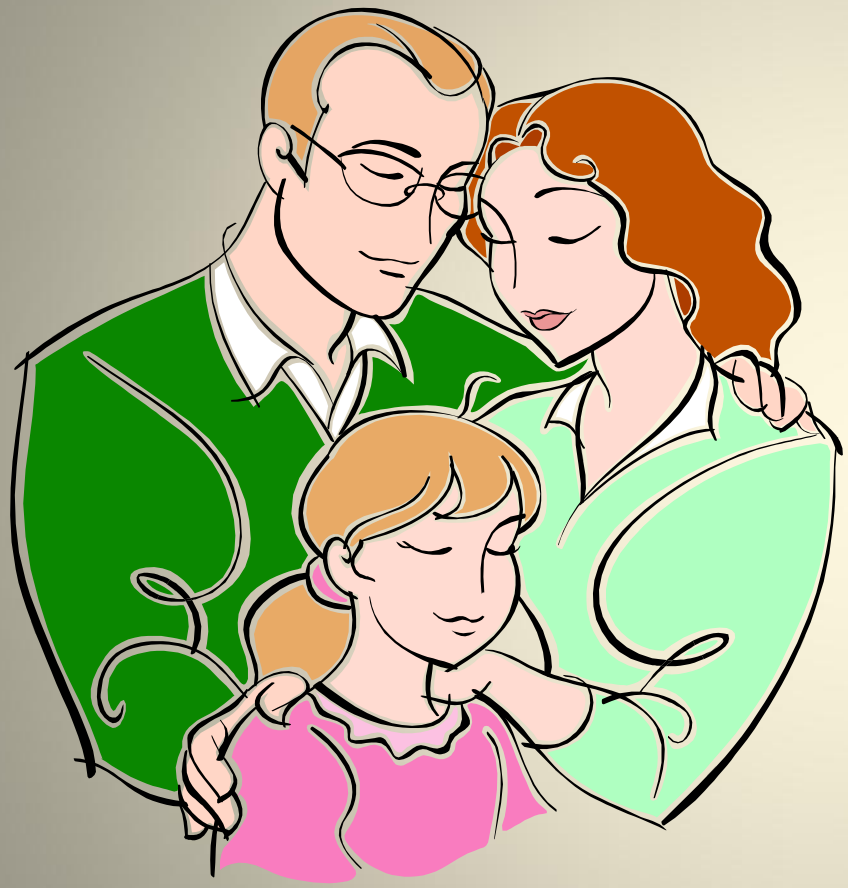
- They feel Insecure.
- They feel like victims.
- They lack respect for self and others.
- They are unresponsive
- They are uncaring and unable to give or receive love



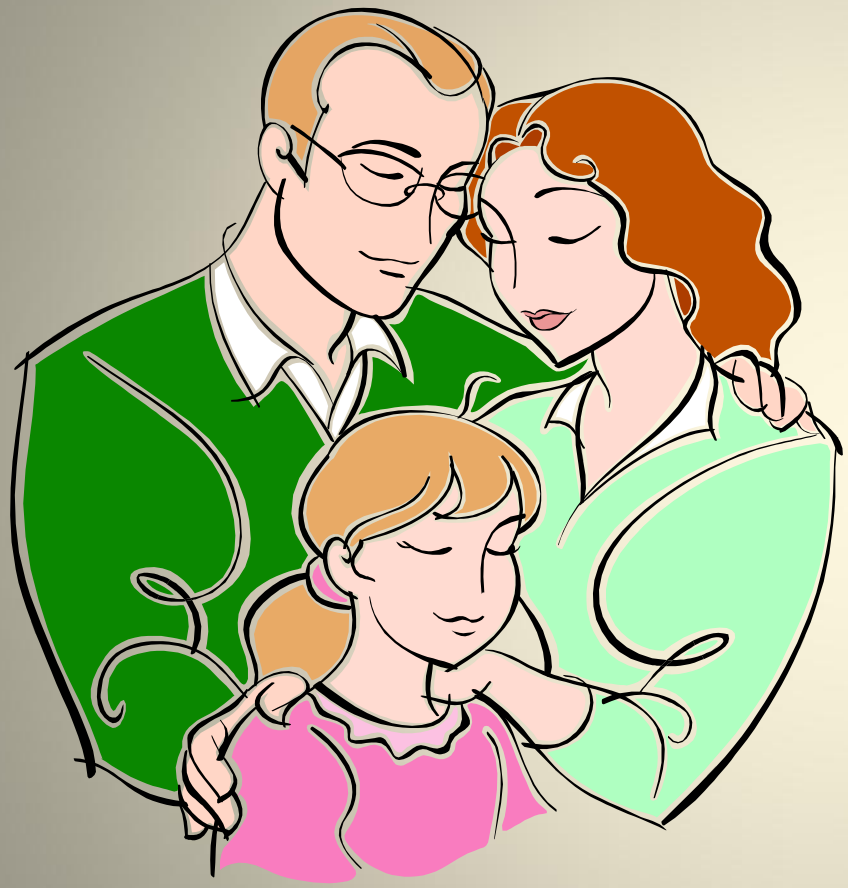
- They feel lonely, fearful and over anxious
- They are unsure of their own true identity.
- They don’t trust other people.
- They need to be in control and they are sometimes manipulative.



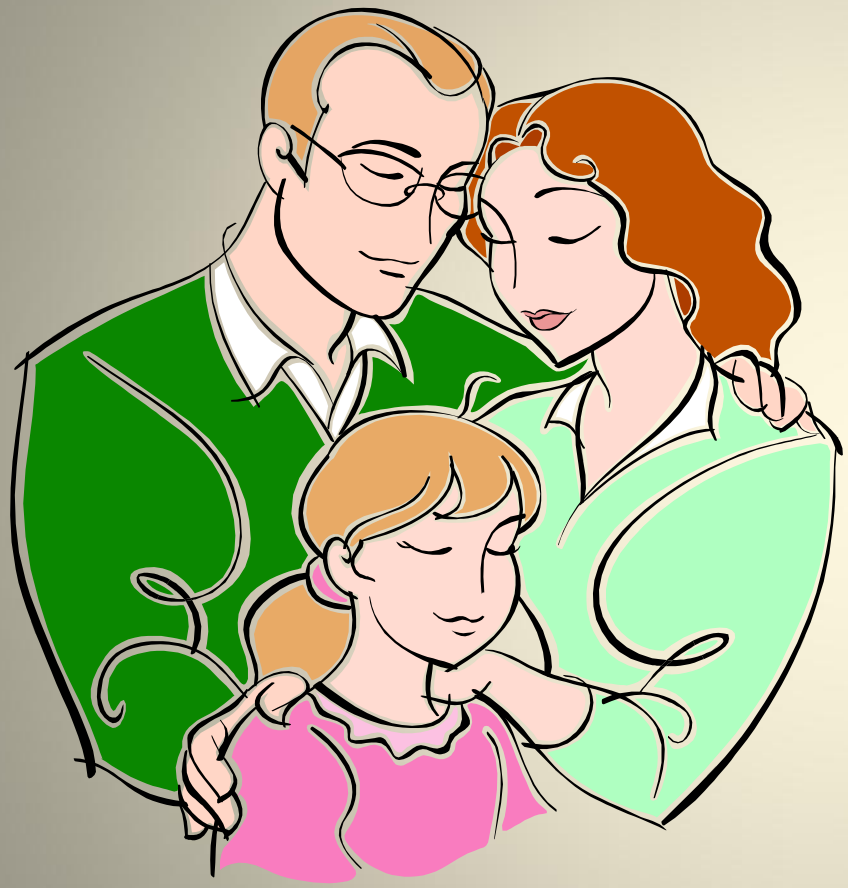
Parents



- We are all products of the way our parents raise us and their training guidance.



- If you were not loved during your childhood, this may influence how you raise your children.



If you have a problem with loving and trusting others, this may be directly related to how you were treated as a child.

Friends



As you move from the influences of your parents, you will begin to be influenced by your friends.



If you think back, your self-esteem has been affected by your relationship from childhood to this present moment.



These relationships play a vital and crucial role in your life, your beliefs and in your action.



Those friends that touch our lives and those whom you trust the most, will give you the strength that you need to believe in yourself.

Teachers and Workplace

Teachers are among your earliest influence. You spend more time with your teacher than you spend with your family.



They have a tremendous influence over what you learn and how you feel about yourself and your self-esteem.



Workplace

A boss can contribute to your having low self-esteem, if you are not being treated respectfully on the job.

A dictator in the workplace can be very intimidating and also stressful.



Television, Movies and Music



America’s pastime – television, videos, movies and music also has a great influence on your self-esteem and self-confidence.



What does all of this have to do with your self-esteem? These media have a lot to do with your self-esteem.



So many mixed messages are sent from television, video and other medias.

So much, that you may become unsure of the differences between reality and fiction.

Letting Go of the Old Ways



You need to clean the cobwebs and badly blemished mirrors of your own mind.



In this way, you are less likely to allow criticism from others; bad memories and bad decisions that you made linger for years and years.



It will be nearly impossible to clear those old ways from your mind.

A healthy self-esteem enjoys a mind and spirit that is cleared of our past bad memories, decisions and actions.

What is Low Self-Esteem ?

Self-esteem issues seem to be one of the strongest emotions that challenge women today.



This is a woman’s first worry when she awakens, and her last worry before she goes to sleep.



When a person is suffering from low self-esteem it becomes a very serious issue for her and her family friends.



What Causes Low Self-Esteem ?

Many women have low self-esteem because of past trauma.



When pain and loss happens in your life.



You have a choice, to suffer and to be a victim, or learn to mature, and let go!

Let God!



Bad Relationship with a Man



Some men can detect desperation and weakness in a woman.

And they prey on this.



We sometimes allow the need for a man and the desire for mental and physical love to control our minds and bodies because we are lonely and in need of companionship.



If you are not careful and you do not choose your man wisely, you will eventually end up with frazzled nerves and broken heart.



“It is so amazing to think how we as woman lose so much time in gaining peace of mind and self respect, because a bad relationship has caused us to be hurt, lonely and weak”.



“As long as you keep toxic relationships in your life, good relationships will avoid you.”



“Get rid of negative people. They stop you from moving on to the positive things that life offers you.”

Exerts from the “YES YOU CAN ! Self-esteem Manual for Women by Oletha Sloan



“Another unhealthy characteristic of low-self esteem is looking for “love” or affection from anyone you meet.”



“These feelings come from years of convincing yourself that you are not really worthy of true and authentic love because there is something wrong with you.”



“So as you feel unworthy, you search for anyone who will show you the least amount of attention.”



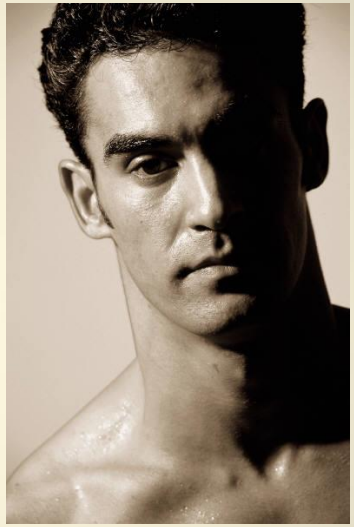
“The main reason why you may settle for this fantasy version of love is to obtain a commitment, security, attachment, identity or purpose.”

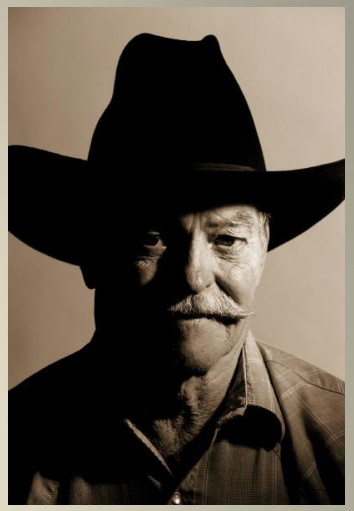
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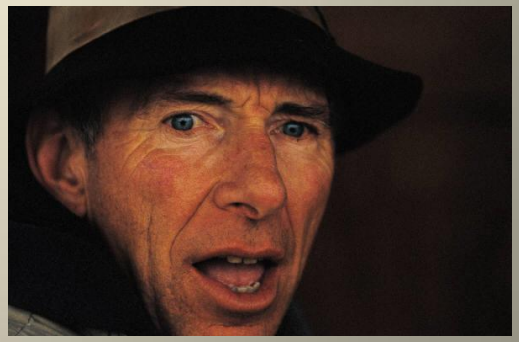
Select, Don’t Settle

Why aren’t you selective?

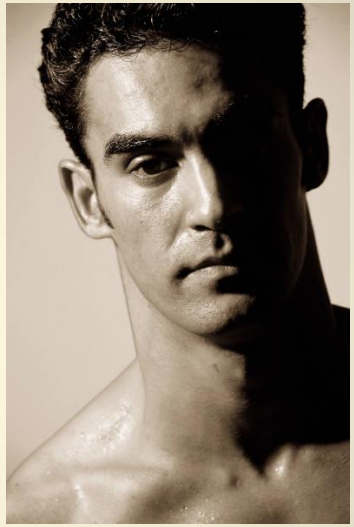
Here is what you may be thinking:

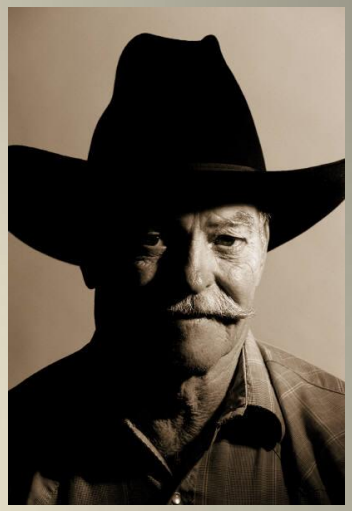


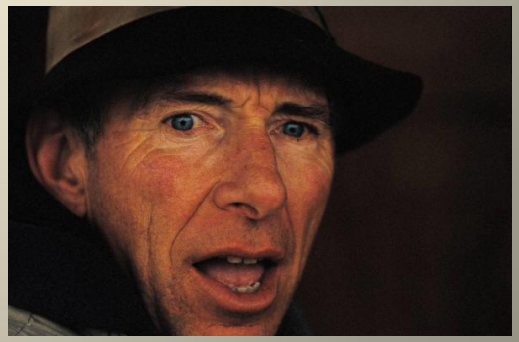




- ✓ Something is better than nothing !
- ✓ I’m getting older, I better get someone as soon as possible
- ✓ I will never find another man if I don’t try now !
- ✓ I don’t want to live the rest of my life alone !

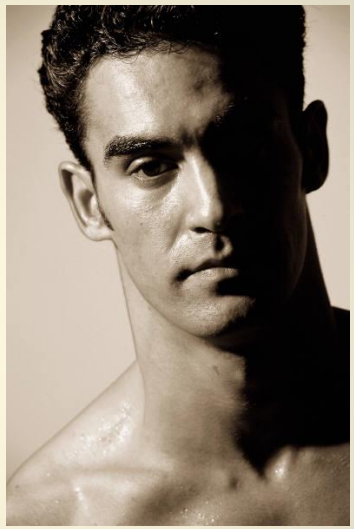


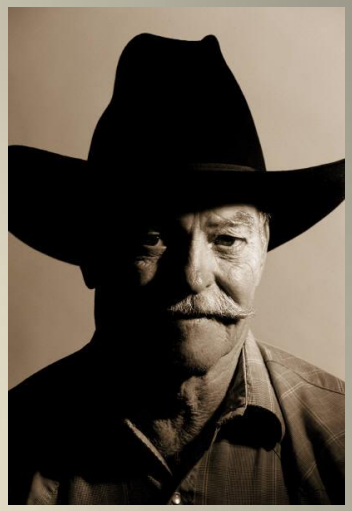


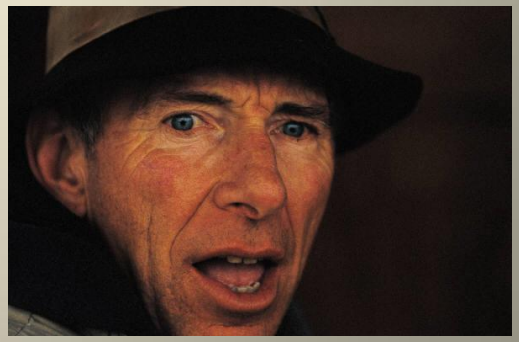


All of the above sounds like a self-esteem problem. With a positive attitude, you should expect to find a good person and a good relationship.

Exerts from the "YES YOU CAN ! Self-esteem Manual for Women by Oletha Sloan







Unhealthy Self-Esteem

Module 5



The Effects of Unhealthy Self-Esteem

What People Think it Does!

There are those who think that people who suffer with self-esteem issues are introverts who never leave home;



Are individuals who are submissive and oppressed, or people who fail at family, career, and friendships;



And people who are always involved in self-destructive, self-sabotaging activities.

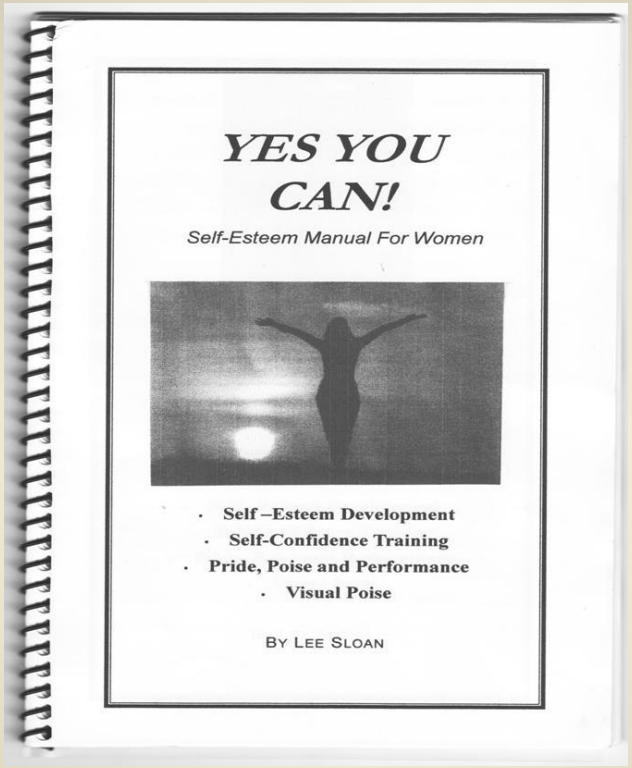


YES YOU CAN !

Guide to an ONLINE Empowerment for Women



Oletha M.Sloan





D. Harold Greene

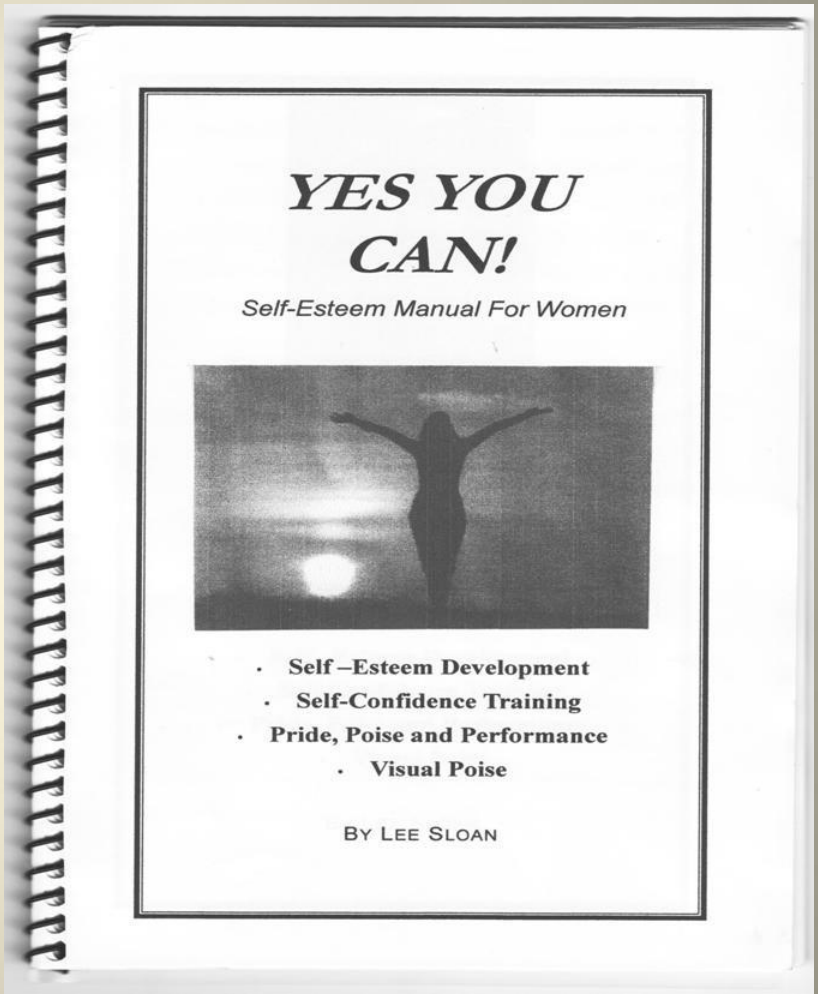
Co-Authors

YES YOU CAN !

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You should teach your workshop using the "**YES YOU CAN**!" Self-esteem Manual for Women.

A **"YES YOU CAN!" Self-esteem Manual** for Women (a $ 19.95 retail value) should be included in the cost of your workshop.



YES YOU CAN !

Guide to an ONLINE Empowerment for Women

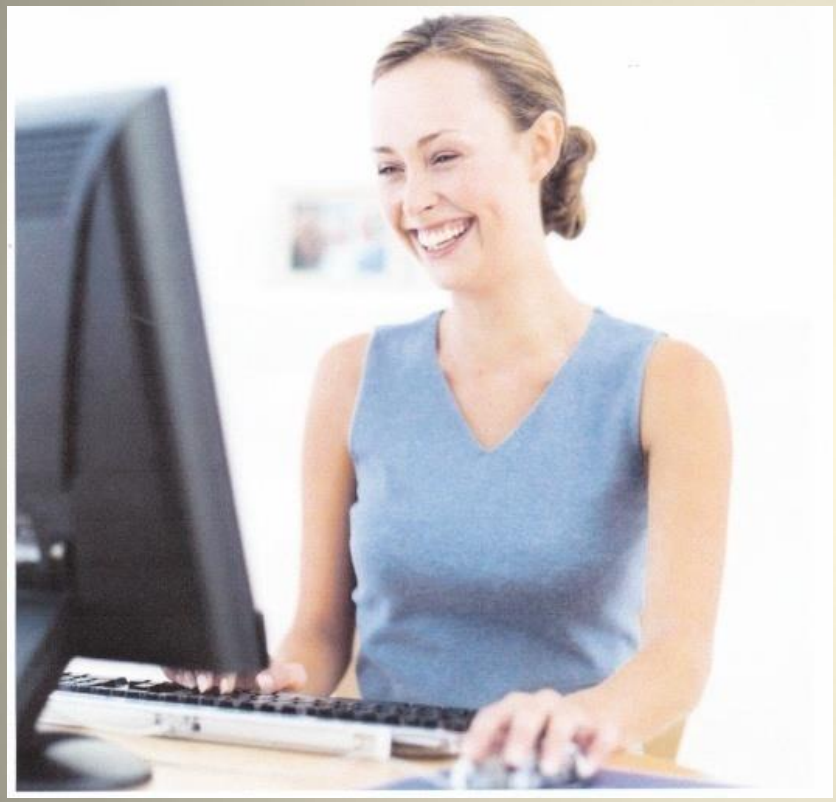
Co-Author

Ms. Sloan was a former professional model for Sak's Fifth Avenue of New York City, New York and a former makeup artist for Elizabeth Arden, Flori Roberts and Fashion Fair.

Ms. Sloan is presently the CEO of Showtime Productions, a company that produces fashion shows, modeling workshops and live entertainment shows.



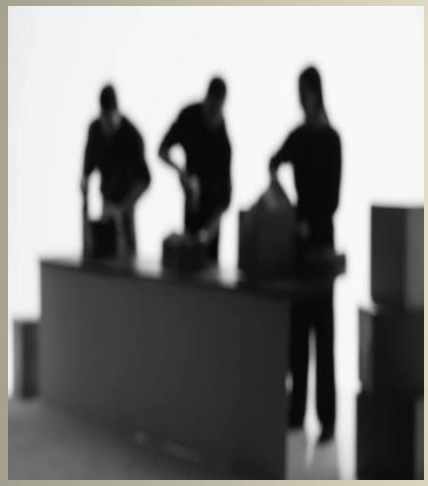
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Organizations can now train thousands of staff or clients anytime, 24/7, anywhere, individually, citywide, statewide, nationwide or worldwide.

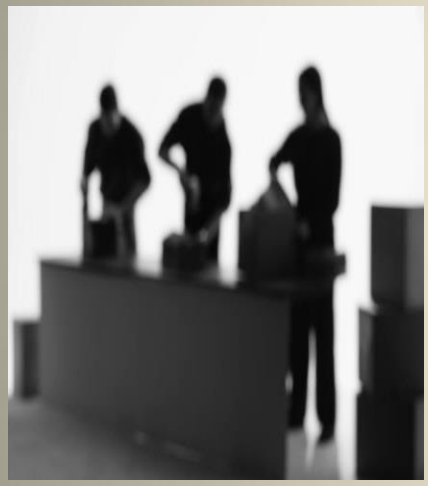
This is powerful online technology!

Helping People "Who Do Not Want to (or Cannot) Go to College"



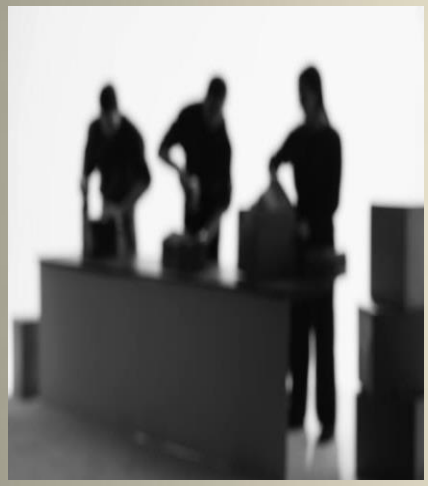
Our *workforce readiness, diversity and life preparation skills* workshops will *train and certify* staff or clients on community centric' *workforce readiness, diversity and life preparation skills*.

Helping People "Who Do Not Want to (or Cannot) Go to College"



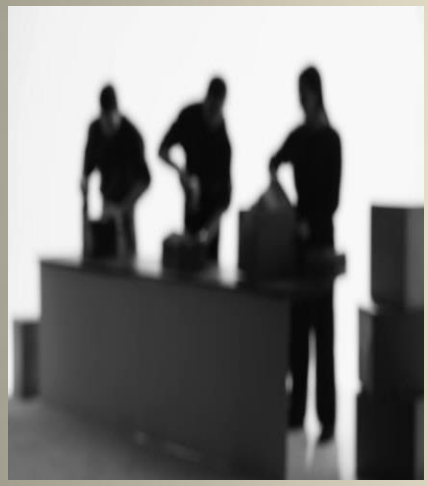
They would be prepared to go out into their communities to teach other youth and adults *"who do not want to (or cannot) go to college"* workforce readiness, diversity and life preparation skills.

Helping People “Who Do Not Want to (or Cannot) Go to College”



Our online training workshops provide a variety of high tech online education portal tools that ensures that our clients staff or clients receive an *affordable, time saving and evidence-based* training experience.

Helping People "Who Do Not Want to (or Cannot) Go to College"



……and to help them to *electronically monitor* the completion of all online workshops facilitated by the organization.



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Program Author

D. Harold Greene is the author of

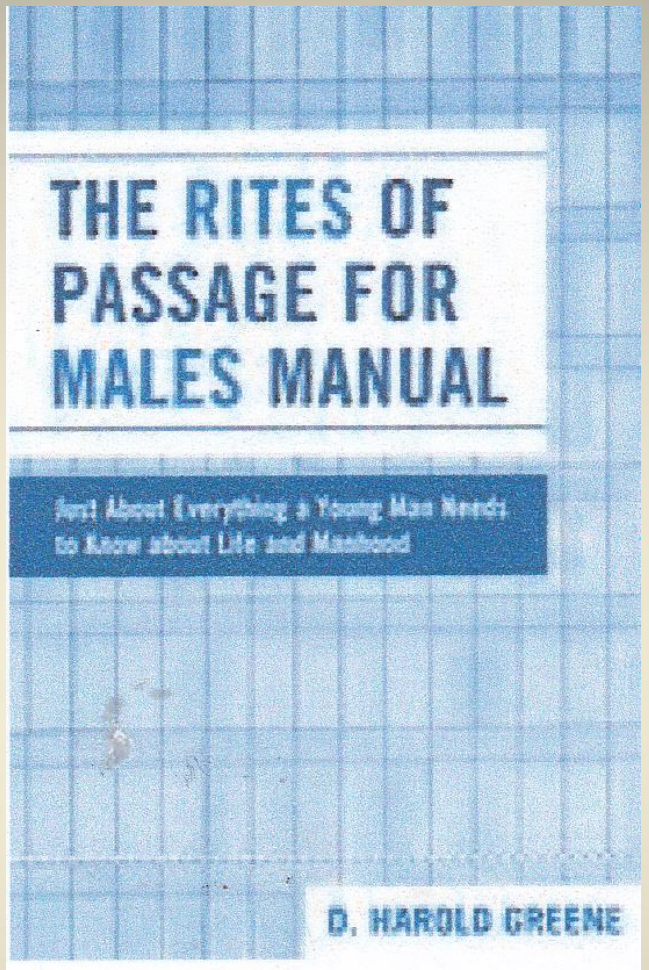
The Rites of Passage for Males Manual

University Press of America / Rowan Littlefield , 2008

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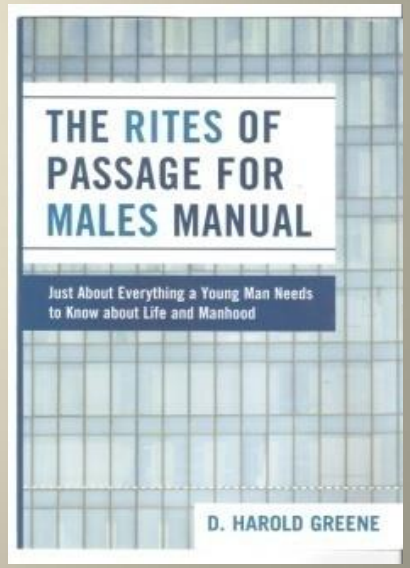
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The Rites of Passage for Males

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