

# Building your self-esteem and self-worth allows you to confidently collaborate with families and organisations!

*'A strong, positive self-image is the best possible preparation for success in life' – Dr Joyce Brothers*

How you feel about yourself really matters! People will not respect you if you don't respect yourself. Being happy and confident allows you to be mentally strong within yourself and your relationships with others. You will also be a great role model for the children in your care and all others that you interact with.

**By developing their professional knowledge and skills, and working in partnership with children, families, communities, and other services and agencies, Educators continuously strive to find equitable and effective ways to ensure that all children have opportunities to experience a sense of personal worth and achieve learning outcomes (Early Years Learning Framework, page 13).**

Try these tips to boost your confidence before collaborating and communicating with other stakeholders in the children's lives!

## Stop comparing yourself!

The fastest way to dull your sparkle is to compare yourself to someone else. It is great to aspire to be like someone who motivates you, but don't let their achievements bring you down! Focus on the positives and being the best person you can be!

Surround yourself with people that build you up too! Stop judging yourself and stop judging others! You don't need that negativity in your life! Know that you cannot change other's opinions of you, but you can control the way you react. Don't be controlled by your feelings, be objective in all situations. Learn to embrace change and move on when something doesn't go your way.

## Set goals and celebrate each step towards success.

'The real value of setting goals is not the recognition or the reward, it's the person we become by finding the discipline, courage and commitment to achieve them.'

*BUILDING YOUR SELF-ESTEEM DOESN'T HAPPEN OVERNIGHT. IT IS A GRADUAL PROCESS USING MANY STRATEGIES. UNTIL THEN 'FAKE IT TIL YOU MAKE IT'*

Know that while you are working on your goals, you are capable of accomplishing! Don't look at obstacles as failures, learn from each set back. Do your research to help you feel confident and in control.

## Try some self-affirmations

Reflecting and reminding yourself of your worth can influence your subconscious mind to think positively. Visualise the life you want. Look into a mirror and say out loud:

• 'I love myself' • 'Today will be a great day' • 'I am in control of my life' • 'Everything will be ok' •



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**QUIET YOUR INNER CRITIC!**  
DON'T LET THAT LITTLE VOICE INSIDE YOUR HEAD TAKE OVER. WHENEVER YOU CAN FEEL NEGATIVE AND UNHELPFUL THOUGHTS SNEAKING IN, TAKE A MOMENT AND TAKE A BREATH. REASSURE YOURSELF THAT YOU GOT THIS!