

*Wake-Up Foundation presents*

## Self-Esteem Action/Result Coaching

Self-esteem is the foundation to achieve anything in life. Self-esteem is self-worth in believing and realizing your great potential. Self-esteem is self-motivation in staying positive and empower in life. Self-esteem is self-efficacy in taking action to achieve your goals and dreams, and to create your desire lifestyle.



### Learning components

- Learn how to feel great about yourself
- Learn how to become a positive and competent person
- Learn how to develop positive relationships
- Learn tool to self-mastery
- Learn how to develop a successful, empowering lifestyle

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