

Self-Esteem Coaching



- Do you want to learn how to accept and love yourself?
- Do you tend to do things for others, but not for you?
- Do you have trouble in believing in yourself that you can become successful in life?
- Do you have trouble saying no to others?
- Do you want to live your life more freely?
- Do you want to experience more confidence and happiness in life?
- Do you want to achieve more things in life?



If you answered yes to any of the questions above, then this self-esteem coaching is for you.



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Wake-Up Foundation was named 2016 Best of Citrus Heights Awards in Human Resource Consulting Services

Benefits of achieving good self-esteem:

- Self-esteem gives you the ability to value and believe in yourself
- Self-esteem helps you realize your great strengths and talents
 - Self-esteem gives you the strength to be yourself
 - Self-esteem gives you the ability to accomplish things quicker and better
- Self-esteem helps you make good decisions
- Self-esteem gives you the ability to block out negative influences
- Self-esteem gives you the ability to stay strong when others are denying or trying to change you
- Self-esteem gives you the strength to say “no” to other people
- Self-esteem gives you the ability to spot out the positive and negative people
- Self-esteem helps you see that you are a terrific person no matter what happens
- Self-esteem helps you discover and build your positive qualities
- Self-esteem gives you the ability to turn your negative qualities and experiences into opportunities