



**Wellness Program**  
2200 Market St., # 607  
Galveston TX, 77550  
(409) 370-3652/762-8636  
go4wellness.org

## Go4Wellness

A Program of The

### Family Service Center of Galveston County

The seven-week course is being offered to employees of nonprofit and government-funded organizations in Galveston County. Tuition is covered by Family Service Center of Galveston County, SSBG grant funds.

Go4Wellness, a program of the Family Service Center of Galveston County, wants to help you relieve stress, reach your fitness goals, & improve your health.

The course is being taught and facilitated by Janet Cohen, a licensed mentor of this material and an experienced nonprofit professional.

Register and get more information by contacting Caitlin Kurz at (409)370-3652 or Ckurz@fscgal.org. Funded by SSBG.

**Pre-registration by June 24, 2010, is required for participation in this course.**

**To register or get more information,  
contact Caitlin Kurz  
(409) 370-3652 or ckurz@fscgal.org**

# The Power of Self Esteem

## **Introductory Evening:**


July 1, 2010, 6-9 p.m.  
Open to everyone.

## **Course Dates:**

July 8 - August 19, 2010  
Thursday Evenings from 6-9 p.m.  
Pre-registration required.

## **Location:**

Family Service Center of  
Galveston County  
2200 Market Street  
Room 608  
Galveston, Texas

A person with long hair, seen from behind, stands on a grassy hill with their arms outstretched towards a vibrant sunset sky. The sun is low on the horizon, creating a warm orange and yellow glow.

See reverse for registration information.  
When we know how to be true to ourselves,  
we also transform our capacity to serve,  
to create, and to produce results  
W. R. WHITTEN

A COURSE IN SELF ESTEEM ENHANCEMENT



# The Power of Self Esteem

The power of self-esteem is the dynamic energy of a person who is standing in their true authority, connected with the creative power that is at the heart of our being.

This is the place of authenticity, spontaneity, courage, nerve and grit. This is the 'right stuff' and also the source of our tenderness and compassion. From here springs all our joy in life, as well as the determination to persevere, to partner and to create the life we most want to live.

These are not the qualities of mythic heroes or movie stars, but qualities of character, and the connection they are built on can be made or lost, deepened or enhanced at any time, once we understand what fosters it and what gets in its way.

---

"What lies behind us and what lies before us are small matters compared with what lies within us."

RALPH WALDO EMERSON

---

## Self-awareness

Self-esteem is our idea of our own basic worth, and it has its roots in our childhood. Early on, our sense of value is associated with the positive regard of others, or linked with our achievements. We may accomplish much in later life, yet feel dissatisfied because our self-esteem still depends on our next success or failure. It is as if we 'missed something' – life seems like a treadmill, lacking in real excitement or purpose. *The Power of Self Esteem* shows you how to identify this deeply-rooted system of beliefs, and develop a new kind of awareness of who, and what, you really are.

## Self-expression

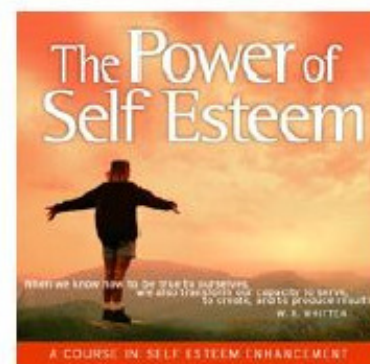
*The Power of Self Esteem* will transform the way you express yourself in the world. Instead of struggling to deal with unconscious demands about the way you ought to be, you become free to be as you are. And, as you learn to distinguish true self-esteem from the endless cycle of reward and punishment to which it has become attached, you will connect more deeply with what you really want for yourself and your life, and start to express yourself with a new kind of passion and power.

## Self-fulfilment

When you know how to create results without driving yourself or generating unnecessary stress, you also discover a new kind of self-fulfilment – one without strings attached. And, since the way we see ourselves affects the way we are with others, you will notice that your relationships become more satisfying too. You will deepen your connection with all those who live and work beside you, increasing your ability to guide and motivate your family, friends, partners and colleagues, and empower them to be all they can be.

## Enhancing your self-esteem

*The Power of Self Esteem* is taught in a warm and supportive atmosphere. It is normally offered in small groups, and its skills are practical and simple. Audio material summarizes each session, so you can continue to apply what you learned long after the course is over. Its skills are based on the principles of the More To Life Program, which for the past twenty years has helped many thousands of people transform the quality of their personal and professional lives.



**FREE AUDIO MATERIAL  
SUMMARIZES THE COURSE**

Taught by licensed instructors on four continents, it is sponsored by a non-profit educational foundation and is currently the world's largest program for self-esteem enhancement. The cost of the course varies with the location. For more information, speak to the person who gave you this leaflet. Alternatively, visit our website for full program details at [www.moretolife.org](http://www.moretolife.org)

---

"Men marvel at mountains,  
at the mighty waves of  
the sea and the eternal  
circuits of the stars,  
but we do not marvel  
at ourselves,  
ourselves we pass by."

ST AUGUSTINE

---