Free Masterclass: How do we raise our self-esteem and confidence?

Monday 2 March, 2020

2nd March 2020, London

FREE MASTERCLASS: HOW DO WE RAISE OUR SELF-ESTEEM & INCREASE OUR CONFIDENCE?

Let's demystify the difference between these two essential factors of our personality and how they can complement each other.

Date: Saturday, 28th March

Time: 2.15 PM

Location: Prospect Hall (Woodford Community Centre), Prospect Road, Woodford, Essex, IG8 7NA

Public Transport: 3 Minutes' walk from Woodford Underground Station (Central Line)

Parking: Two Free Car Parks or Street Parking

Refreshments: Enjoy refreshments – Carda**mom Coffee** + Spiced Tea

Entrance: Free

Lead by: Guru Rajesh Ananda (English Guru/Spiritual Teacher)

SELF-ESTEEM

Self-esteem is our opinion of our abilities, positive regard or self-love we have for ourself and begins in childhood.

Stress and difficult life events, such as broken relationships, serious illness, bullying, unemployment or a bereavement, can have a negative effect on self-esteem. You may have found it challenging to live up to your own or other people's expectations of you.

While everyone occasionally has doubts about themselves, low self-esteem can leave you feeling insecure and unmotivated and reduces our confidence.

The Masterclass is going to show us how to raise our self-esteem and how meditation reduces negative self-image.

CONFIDENCE

Confidence can be described as a belief in ourself, that we have the ability to meet life's challenges and to succeed and act a way that conveys that belief. Being confident requires having a realistic sense of our capabilities and feeling secure in that knowledge. Our confidence is dictated by a corresponding level of self-esteem.

The Masterclass is going to show you how we can increase our confidence in everyday life and how meditation gives you the strength to step beyond barriers.

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Contact: Rajesh - Rajesh.Ananda@fisu.org - Mobile: 07793 562103

Company Contact:

FISU Meditation

T. 07793 562103
E. Rajesh.Ananda@fisu.org
W. https://https//www.fisu.org

Additional Contact(s):
Jasmini Ananda (Co Founder & Wife

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