

Loving...YOU!: The Art of Self-acceptance

Overview/Description

Somewhere along the way, many of us have replaced our positive self-regard with a critical voice. Like a shadow, it hovers at our side, reminding us of our flaws and our unworthiness. To live a fulfilling, serene, happy life, we must learn to love and accept ourselves, flaws and all. This workshop covers the basics of self-acceptance, factors that contribute to a poor self-image and practical tips for loving yourself unconditionally.

Target Audience

Anyone seeking self-acceptance.

Expected Duration

45-60 minutes

Workshop Objectives

At the end of this workshop, you will be able to:

Define self-acceptance and its manifestation

- Self-esteem vs. self-acceptance
- Determine your self-regard

Identify factors that contribute to low self-regard

- Childhood
- Socioeconomic factors
- Life experiences
- Society and the media
- The tyranny of the musts, oughts and shoulds

Describe how to rekindle self-love:

- Silencing the critic
- 11-step prescription for self-love

Describe ways of loving yourself

- Daily tips for greater self-acceptance

[Click here to register for this webinar or watch the recording.](#)