

DATE

Every Tuesday

TIME

2:00 – 5:00pm
(3 Hours)

VENUE

Oikos
Training Room

FEE

RM 300

Oikos
Counseling
家游辅导

Organized by
Oikos Counseling

**Class starts
in 2014**



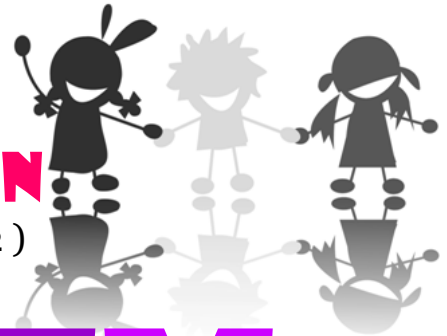
**T FOR
TEENAGERS**

(Aged 12 to 17)

&

**C FOR
CHILDREN**

(Aged 6 to 12)



ESTEEM (ECT)

TRAINERS

Dr Tan Kui Chin

*Principal Counselor of Oikos
Counseling.
PhD in Counseling
Registered counselor*

Miss Cheong Jun Li

BSc (Hons) Psychology

FOR MORE INFORMATION, KINDLY CONTACT:

Tel: 03-80239655 (Jun)

Fax: 03-80238655

Email/Facebook:

oikos@oikoscounseling.com

Official Website:

www.oikoscounseling.com

No. 3-3, Jalan USJ 9/5Q,
Subang Business Centre.
47620 Subang Jaya,
Selangor Dahrul Ehsan.

Self-esteem is the ability of self-affirmation. During the age of 6 to 18 years old, it is the critical stage for children and teenagers to develop their self-concept and self-esteem. Their attitudes will gradually form a stable tendency. Children and teenagers who are with high self-esteem can actively express their ability and expertise.

This workshop uses fun activities, games, music, sandplay, color, body movement to lead the participants gradually to be aware of their abilities, interests, ideas, emotions and values, and to appreciate their strengths and accept their own shortcomings. Through the power of groups, participants will learn to interact with others and allow courage in practicing interpersonal skills.

OBJECTIVES

1. Discovering personal inner strength
2. Developing confidence toward self
3. Developing good interpersonal relationship & emotional intelligence
4. Identifying strategies in strengthening self-esteem