

# Registration Form (EB)

## Participant

Name: \_\_\_\_\_

Gender: Male/ Female

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Tel (H/P): \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_\_ School: \_\_\_\_\_

Payment:

Cheque/ Bank in/ Cash RM \_\_\_\_\_

*Fee is not refundable but transferable upon request.  
We have the right to re-schedule & cancel the workshop/  
training.*

## Parent/ Guardian

Name: \_\_\_\_\_

Tel: (H) \_\_\_\_\_

(H/P) \_\_\_\_\_

Email: \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

**Busy...** Going to school, tuition and doing homework every day, but the more I am busy, the more I find myself lost. What should I do?

**Dull...** Playing computer, online, Facebook, Youtube, life seems plenitude, but sometimes I find myself useless.

**Low Mood...** Not in the mood, I don't know what I want. How will it be in future?

**Esteem Building Workshop** help you understand yourself, explore and discover a better you!



**Fee**  
RM300  
(including tea break and materials)  
20% off for group registration of 3 or siblings

**Venue**  
Oikos Counseling Training Room

**Payment**  
Issue cheque to **Oikos Counseling**  
or Bank In **OCBC 7081066535**  
Please send/ fax the bank in slip and registration

**oikos counseling**  
No. 3-3, Jalan USJ 9/5Q, Subang Business Centre.  
47620 Subang Jaya, Selangor Dahrul Ehsan  
Phone: 03-8023 9655  
Fax: 03-8023 8655  
Email: oikos@oikoscounseling.com  
www.oikoscounseling.com

form to:



Organized by  
**Oikos Counseling**



*Relaxed  
lively  
fun  
&  
experiential  
activities!*

# Esteem Building

Workshop For Teenagers (EB)

## WHO SHOULD ATTEND

AGED 12 TO 17

## DATE

7/8, 14/8, 21/8 & 28/8/2010  
(4-SATURDAY)

## TIME

2PM-5PM  
(REGISTRATION STARTS AT 1:30PM)

*Photocopied Registration Form can be accepted*



## To Parents:

"I am withdrawn, introvert, like what my parents said." "My weaknesses are more than my strengths." These were a teenager's own evaluations. Low self-esteem has become a common issue for teenagers. Inferiority character limits young people's learning and development but it can be improved.

Knowing what confidence is and how to project it gives young people the boost they need to contribute positively and feel good about themselves. This workshop helps to develop teenagers and to lead them to grow through building healthy relationships with others, strengthening social skills, emotional expressing, cognitive ability, to be able to distinguish right or wrong and to think positively.

We provide the teenagers the tool to be confident in any situation. We will let the teenagers know: "Self-confidence starts from today!"

**Self-confidence is the creativity, the soul of success**



## Objectives

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

## Content

Self-Awareness	Establishing self-concept, knowing personal strength
Emotional Boxes	Getting to know emotional significance. Fostering interpersonal behavior and optimism
Self-confidence	Understanding self-confidence and self beliefs, and able to self-affirm
Establish the correct values	Explore own values, and identify the valuable things in life and cultivating the ability to think positively
Practice Field	View setbacks and failures from different perspectives, using inner resources to face challenges, be self-motivated & resilient

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



## Trainer

**Ally Wee**  
Master in Counseling Psychology  
Registered counselor

**Koh Jiun Shyong**  
Master in Counseling Psychology  
Registered counselor