



Insight and Inspiration,
Innovation and Vision
For the Developing and
Evolving Self

INTERNATIONAL INSTITUTE
FOR SELF DEVELOPMENT

IIFSD.org

Workshop

Turning Guilt into Self-Esteem

- *What is guilt?*
- *Why do we think that we need guilt?*
- *What is the alternative to guilt?*
- *What is self-esteem?*
- *What does self-esteem do us?*
- *How do we build self-esteem?*
- *How do we identify and define our values?*
- *How do we put our values into practice in order to build self-esteem?*

In this workshop we explore these fundamental questions; elaborating, understanding, and answering them.

