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ENGINEERING COLLEGE

Name- Priyanka Maity Dept - Electronics & communication Eng

Roll No- 20600322045 Year- 3rd year Semester- 5th

Subject- Soft skill & Interpersonal communication

TOPIC NAME:- SELF ESTEEM

Introduction



❖ What is self Esteem ?

Self-esteem is your subjective sense of overall personal worth or value. Similar to self-respect, it describes your level of confidence in your abilities and attributes.

❖ Key elements of self Esteem.

1. Self confidence
2. Feelings of security
3. Identity
4. Sense of Belonging
5. Feeling of competence

Importance of Self Esteem.

- ❖ **Self-esteem** impacts your decision-making process, your relationships, your emotional health, and your overall well-being. It also influences **motivation**, as

Self Esteen Report

David Kirk



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