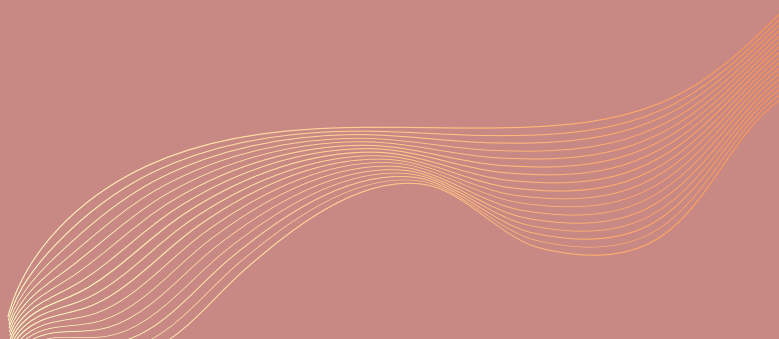




Self-Esteem: Your Emotional Immune System

WORKSHOP
For Businesses

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WHY



Self-esteem is your emotional immune system, that protects you from psychological injuries like rejection, failure, and long term – keeping you safe from stress or anxiety and letting you thrive.

Although low self-esteem is not categorised as a mental health condition in itself, there are clear links between the way we feel about ourselves and our overall mental and emotional wellbeing.

Building self-esteem is crucial for our wellbeing.



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LEARNING OUTCOMES

- Improved communication and relationships
- Higher levels of independence, self-reliance, self-trust
- Ability to overcome inner self-critical voices (fear of failure, rejection)
- Freedom from social anxiety and self-doubt
- Direction and focus, with clearly defined actions and objectives
- Increased personal satisfaction, motivation and morale
- Courage to face challenges with drive, excitement and curiosity
- Courage to set and respect personal boundaries
- Ability to trust yourself in the face of uncertainty
- Ability to let go of the outcomes

WHAT MY CLIENTS SAY

"Patrycja ran a fantastic workshop on 'Building Confidence and Developing Self-Esteem' for our corporate partners and their employees. This workshop was the inaugural virtual event in the live GoSweat Academy series. The event itself was highly engaging and received glowing feedback. It kept momentum and interest throughout and was interactive, enlightening, and extremely well executed. Patrycja exudes a warm and relaxed aura. One is able to explore vulnerability comfortably in her presence, and it is refreshingly easy to adventure into previously uncharted territory to see things clearly and reach those 'Eureka' moments. Patrycja effortlessly balances friendliness with professionalism and I would recommend her to any company"

- Helena Below, Engagement & Communications Manager at GoSweat

May, 2020



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WHAT MY CLIENTS SAY

I had such an incredible opportunity to attend a number of Patrycja's sessions and each of them have been so professionally led and empowering. Patrycja's skill to listen, relate to others and hear what is being said as well as what is being kept silent, creates such a wonderfully safe environment for people to open up and start (or continue with) their self-discovery journey. Patrycja not only inspires but also provides practical tools to continue with self-work outside of her workshops, which I found so incredibly useful.

Patrycja, thank you so much for being such a compassionate, personable and inspiring human being. It is truly wonderful to witness someone who is so visibly passionate about and amazing at what they do.

Eglė Grigaliūnaitė, L&D Advisor at Foster + Partners
October, 2020

WHAT MY CLIENTS SAY

"Patrycja is an excellent speaker and had lots of energy and positivity – really enjoyed it and learnt a lot from it, thank you!"

"Patrycja, you were wonderful. Your workshop has helped me hugely and I really appreciate your time and effort."

"The workshop was excellent, it helped me gain new insights on my capabilities and new techniques, which I can now start implementing at work".

"Patrycja was fabulous: encouraging, energetic and informative."

Foster + Partners Employees
May – October, 2020



Patrycja Skurzak

Confidence & Personal Development Coach | Trainer
NLP Practitioner

Patrycja empowers people in mastering high level of confidence and self-esteem in order to unlock their true potential and maximize their growth. She works with individual clients, groups and organisations to help them produce more satisfying results, develop positive mindset, navigate change, lead more effectively and build healthier relationships.

Patrycja's approach draws on an integrated range of psychologically grounded coaching frameworks and techniques, is always challenging, direct, creative and inspiring. She partners with clients in a thought-provoking and practical way that stimulates & empowers them to maximise their potential, deepen their learning and enhance the overall quality of their lives.

Patrycja's definition of success is to help people expand their self-awareness, build clarity around their goals, evoke their courage to take action and challenge them to remain persistent in their self-development journey. You can work with Patrycja on personal fulfilment, self discovery, confidence building & self-esteem, goal clarification as well as career transition and personal branding.

CONTACT



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