

Assertive Self-Esteem



SPRING SEMESTER 2009

Assertive Self-Esteem

**Mondays
5:00 PM—7:00 PM**

Pat Patterson, Ph.D.

Beginning date: TBA

**Provided as a free service
to regularly enrolled
students at CSU, Chico**

**For more information on this
and other groups being
offered during the spring
2009 semester, come by our
office and make a group
interview appointment with
the group leader.**

**Student Services Center
Room 430
or call
530-898-6345**

www.csuchico.edu/counseling/

PURPOSE:

This group is designed for students who want to improve their self-esteem and/or become more assertive in their day-to-day interactions.

GOALS:

- Enhance your understanding of your own self-esteem
- Explore how distorted thinking can contribute to and fuel low self-esteem and non-assertiveness
- Teach you effective ways to combat distorted thinking and negative self talk to strengthen your sense of self and personal healing
- Improve your ability to express your feelings openly and honestly (i.e., saying what you really want to)

IMPROVE YOUR SELF CONFIDENCE!

Counseling and Wellness Center
Student Services Center, Room 430
530-898-6345
www.csuchico.edu/counseling/