

## SOCIAL AND EMOTIONAL

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### Self-Esteem

#### Rationale

Self-esteem can play a crucial role in life and career success. Self-esteem is a person's own feeling of worth. Mentors can help Deseret Industries associates increase their feelings of self-esteem through gospel-related discussions and by pointing out and expanding upon an associate's strengths and accomplishments.

#### Objective

Increase a Deseret Industries associate's work readiness by helping him or her develop a stronger sense of self-esteem. As self-esteem improves, performance improves and lives are transformed. Self-esteem is an important attribute that employers look for in prospective and current employees. Employers want someone who is confident in his or her ability to meet or exceed all work-related expectations. Self-esteem is an issue to be addressed for many Deseret Industries associates as they prepare for future employment.

#### Potential Discussion Items

- Invite the Deseret Industries associate to:
  - Make a list of his or her own strengths.
  - Examine further one of his or her undeveloped or unexplored interests.
  - Explore his or her wants—those things he or she feels are missing from or being neglected in his or her life.
  - Identify the ways he or she might regularly demean himself or herself through negative self-talk.
- Notice and discuss with the Deseret Industries associate what you have identified as his or her strengths and accomplishments.
- Ask the Deseret Industries associate to share with you the positive feedback and comments he or she has received from friends, family, employers, or others.
- Encourage the Deseret Industries associate to surround himself or herself with positive people.
- Invite the Deseret Industries associate to ask a trusted friend, colleague, or family member, "What good do you see in me?"
- Follow up daily or weekly on what the Deseret Industries associate is learning about building self-esteem and what he or she is doing to implement that learning.



# MENTOR

## Suggested Resources

- *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself* by Melody Beattie (1986).
- *Mind Over Mood: Change How You Feel by Changing the Way You Think* by Dennis Greenberger and Christine A. Padesky (1995).
- *Building Self-Esteem: A Self-Help Guide* (free, click on “Download Digital Version”): <http://store.samhsa.gov/product/Building-Self-Esteem-A-Self-Help-Guide/SMA-3715>.
- Counseling from a licensed professional.



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