



## RAISING GIRLS: PROTECTING AGAINST PERFECTIONISM & GROWING SELF-ESTEEM

A strong self-esteem is vital for girls to fulfil their potential and cope with the inevitable frustration and challenges of today's highly competitive world. And yet many girls struggle with their sense of self-worth. They can fall prey to perfectionist tendencies and find it hard to cope when things go wrong.

*There are many ways that parents can foster a strong and healthy self-esteem in their daughters and encourage a healthy attitude to challenge and setbacks.*

This workshop covers the following topics:



### UNDERSTANDING PERFECTIONISM

We discuss different types of perfectionism and associated behaviours as well as the different causes of perfectionism. We reveal why girls are particularly vulnerable to perfectionism and how parents can identify if their daughter is developing perfectionist habits. We explore how parents can encourage their daughters to be 'healthy strivers'.



### NURTURING SELF-ESTEEM

We discuss how a healthy self-esteem is the best protection against developing perfectionist traits. We look at how parents can strengthen their daughter's self-esteem by giving positive attention and effective praise and also how to validate their daughter's feelings.



### DEVELOPING CONFIDENCE & COMPETENCE

We discuss the importance of allowing girls to develop autonomy and independence so they grow in confidence. We look at how parents can help their daughters develop a positive attitude and response to mistakes.