

# LIFESTYLE

## Self-esteem workshop

**BY MARK WEBER**  
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Parents concerned about their kids' self-esteem can help strengthen it in preparation for school this fall.

Workshops teaching life-skills and self-esteem are being sponsored by Angel Books throughout the summer at Red Deer College.

"We help kids realize they are valuable," said local facilitator/educator Wendy Collier, who has also written

*Is Unconditional Love Like Heaven?* and *Being Different is Cool* as part of her acclaimed Self-Esteem Angel Series.

Collier is on a mission to help children, often victims of teasing and bullying, to keep a healthy sense of self-esteem regardless of what they sometimes hear about themselves.

She said in her talks with teachers and parents, it seems kids have a tougher time these days maintaining a healthy self-esteem.

"Kids are really bombarded by a lot of negative stuff on a day-to-day basis," she said.

Her aim is to help them refocus and see the special skills they have as individuals.

"Our biggest message is that you are valuable," she explains.

"We have to get them to focus on what they are good at. They have abilities, attributes and skills they don't even realize they have.

"I also talk a lot about respect - we need to show them what it looks like and sounds like."

The two-day sessions, called Self Esteem Angel Flight Training sessions, will be held for two age groups - six to eight years and nine to 12 years of age.

There are many dates set over the summer for parents to choose from.

A fundamental element of Collier's message is that kids need to learn to 'reframe' what is being said to them - is it a fact or is it opinion?

What comments come their way that are silly or simply untrue and can be quickly discarded?

It's a tremendous skill that will serve them well

throughout life, she added.

Children learn also to look at what makes them 'different' in a positive way, and learn tools to help them battle fear and anxiety, she said.

The workshop tackles the subjects with a hands-on approach, and plenty of artistic activities have been added to make the learning process that much more fun.

"We use art projects, worksheets and activities."

Participants will also leave with a booklet and journal they can refer back to.

Meanwhile, Collier is also taking part in this weekend's sixth annual RBC Financial Group Run & Walk for Families in support of Central Alberta Women's Emergency Shelter at Heritage Ranch

She'll have a display set up, and 20% of her sales will be donated to the Women's Shelter.

For information about this summer's workshop dates and costs call 877-726-4359 or visit [www.angelbooks.ca](http://www.angelbooks.ca).

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