



# BUILDING A POSITIVE SELF-ESTEEM MICRO-CREDENTIAL

Go on a journey of introspection and self-reflection and understand what affects your self-esteem.

\*This programme may be completed as a stand-alone micro-credential, or stacked with The Art of Motivation: Empower Self and Others

## INTRODUCTION

Gain a better understanding of the magnificence of who you are and use this course to build positive self-esteem.

The Building a Positive Self-Esteem micro-credential gives you a framework and practical structure to gain a deeper understanding of how self-esteem is developed and enhanced.

## COURSE DESCRIPTION

In this 6-week course, you will explore the concept and theories of self-esteem. Investigate factors impacting self-esteem both theoretically and practically through personal reflection.

Determine which methods and strategies you can employ to enhance your self-esteem and that of those around you. Your thoughts, life experiences, emotions and self-concept play a great role in how self-esteem manifests and influences your choices and behaviours. This means you are shaping your life with every action you take.

## IS THIS COURSE FOR YOU?

This course is for you if you want to understand how your self-esteem developed, what factors have affected it, and how you can build positive self-esteem.



**TIME COMMITMENT:**  
10-13 hours weekly



**DURATION:**  
6 Weeks



**TOTAL COST:**  
R3,500 / US \$240



# COURSE CONTENT

Over the course of eight (6) weeks, through videos, readings and discussions, you will explore the following topics:

**Week 1:** Identify key concepts and terminology related to self-esteem.

**Week 2:** Critically reflect on the factors that can impact one's self-esteem.

**Week 3:** Describe strategies for working with the inner voice, disarming the inner-and-external critic in protecting one's self-esteem.

**Week 4:** Accurately assess your self-esteem using eminent reflective strategies with the aim of defusing painful thoughts and being compassionate towards the self.

**Week 5:** Identify the prominent theoretical perspectives on self-esteem and the corresponding strategies that could enhance your self-esteem.

**Week 6:** Summative Assignment.



# COURSE OUTCOMES

By the end of this course, you will be able to:

Identify key concepts and terminology related to self-esteem.

Explain how self-esteem is developed.

Describe the effects that self-esteem has on an individual.

Analyse where your self-esteem is now.

Recognise the factors that impact one's self-esteem.

Investigate the role of parental support, involvement, and parenting style on early self-esteem development and how it directly influences self-esteem in adult relationships.

Evaluate the implications of low, medium, and high self-esteem.

Identify how social influence, relationships, gender, culture, and stage of development affect self-esteem.

Engage in a process of critical reflection around your own levels of self-esteem, considering the factors that impacted them.

Discover the nature of our internal dialogue.

Investigate the impact of the internal versus the external critic's role on one's self-esteem.

Identify strategies for working with the inner voice, disarming the inner-and-external critic in protecting one's self-esteem.

Describe the impact of cognitive distortions on self-concept.

Identify strategies that can be used to transform these distortions.

Explain the role of self-compassion in relation to one's self-concept.

Recognise the significant role of thoughts in one's level of self-esteem.

Differentiate between the prominent theoretical perspectives on self-esteem.

Examine the strategies and techniques that could be used to enhance self-esteem.

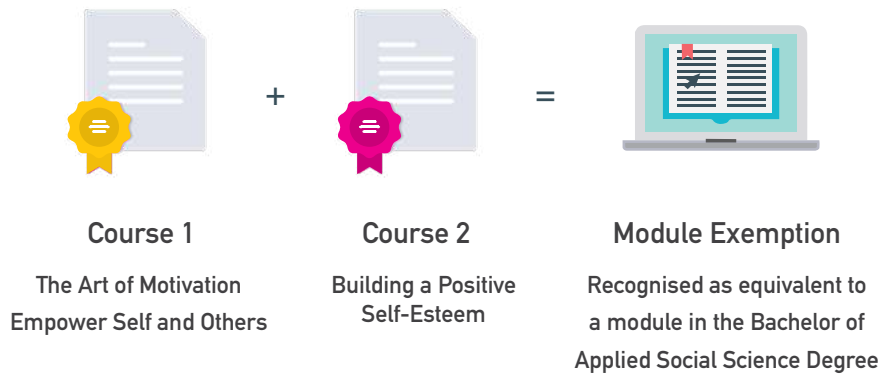
Learners create a portfolio of work that demonstrate their newfound knowledge and skills.



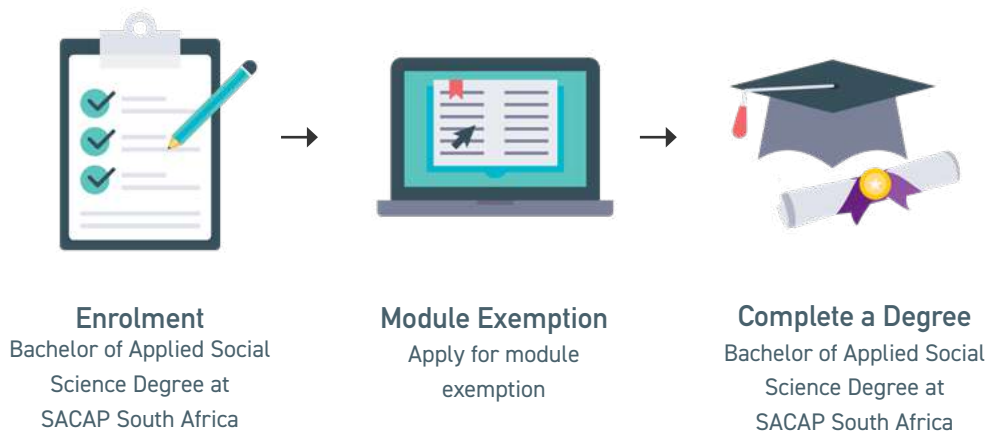


## STACKABLE CREDENTIALS

Stack specified combinations of SACAP Global micro-credentials and they can be recognised as equivalent to a module within our degree programme at SACAP South Africa.



Building a Positive Self-Esteem can be stacked with [The Art of Motivation: Empower Self and Others](#), and recognised as equivalent to a module within the Bachelor of Applied Social Science Degree. If you meet the minimum entrance criteria, you can enrol for the degree and apply for module exemption.



## CERTIFICATION

Upon completion you will receive a digital certificate of competence and badge. Your certificate and badge can be shared to 100+ social media platforms, allowing you to share your achievement with a single click.



## CREDENTIAL TYPE

This course has been designed and developed by experts in the field of psychology.

The OpenLearning team has reviewed the course to ensure quality academic learning within the Malaysian and Australian credentialing framework.

An [OpenLearning OpenCred](#) is a type of credential that can stand-alone, or interact with a formal qualification. OpenCred courses are market-leading online courses that prepare learners for the future of work.

Building a Positive Self-Esteem micro-credential has been designed for anyone needing to upskill in this area and offers 40 hours of learning and assessment. Learners study online with course facilitators and peers, and receive robust academic content, while acquiring practical industry-relevant skills.



For more information visit our website [www.global.sacap.edu.za](http://www.global.sacap.edu.za)