



Building Self-Esteem & Self-Worth

From Awareness to Action

3-Session Workshop · 1 – 3 July 2026

Angelos Leventis

Three Days · One Journey

01

1 July · 60 min

Understanding Self-Worth

& the Inner Critic

- Confidence · Esteem · Worth
- Where worth comes from
- The inner critic & shame
- Self-acceptance

02

2 July · 30 min

Building Authentic Confidence

Confidence Through Action

- The confidence myth
- Fear is not the enemy
- The Confidence Loop
- Building self-trust

03

3 July · 30 min

Living from Self-Worth

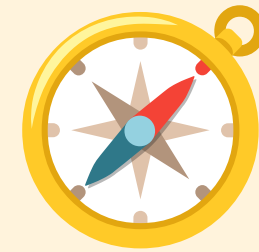
Insight into Daily Practice

- Worth shows in choices
- Boundaries & self-respect
- Values-based living
- Who am I, really?

Why Are You Here?



Why do I want more confidence?



In which areas do I actually need it?



What do I really want to achieve?



Where do I quietly underestimate myself?

Day 01

Understanding Self-Worth

From External Validation to Inner Value · The Inner Critic

1 July 2026 · 15:30–16:30 · 60 minutes

"When do you feel most valuable?"

When I perform
well

When someone
appreciates me

When I achieve a
goal

When I help others

*Most of us were never taught the difference between confidence, self-esteem and self-worth
so we spend years working on the wrong one.*

Complete the Sentence

"I feel that I am worth more when..."

The most common answers in corporate rooms:

...I perform

...I'm
approved of

...I'm
productive

...I help

...I get results

Notice: every one of these is conditional. We'll come back to that.



If you're comfortable, share one in the chat

The Words Carry the Answer

These three words are used interchangeably every day but they mean very different things. Their **roots** tell us why.

Confidence

Latin fidere



"to trust"

Esteem

Latin aestimare



"to appraise value"

Worth

Old English weorþ



"inherent value"

Let's take each one slowly.

Self-Confidence

Confidence

From Latin con- (with) +
fidere — to trust.

< fidere

"to trust"

Greek: Πεποίθηση <
πείθω
(to be convinced)

Self-Confidence

To trust yourself.
To believe your actions
will bring positive results.

Working definition

"The degree to which you think, feel and believe your actions will succeed. If you didn't believe it on some level you wouldn't even try."

Self-Esteem

Esteem

An appraisal
a judgment of value.



< aestimare

"to estimate, to value,
to weigh, to appraise"



Self-Esteem

How and how much
do I value myself?
What weight do I give
to who I am?

The catch

Self-esteem is an estimate and estimates move. After a strong quarter it rises; after tough feedback it drops. It rises and falls with performance.

Three Concepts, Three Layers



Self-Confidence

Trust in your ability to do a specific task.

"I can run this meeting."



Self-Esteem

How you evaluate yourself overall.

"I am a competent professional."



Self-Worth

Your inherent value as a human being.

"Even if I fail, I still matter."

Self-Confidence Is Task-Specific

It is built through **evidence**.

The more often you do something, the more proof you collect and the more confidence grows. It is local, not global:

"I can be confident facilitating a workshop and completely unconfident skiing down a mountain."

It rises and falls. That's normal.

Where it shows up at work:



Public speaking & presentations



Leading a team or a meeting



Negotiating salary or scope



Giving difficult feedback



Learning a new system or tool

Self-Esteem Is How You See Yourself

Self-esteem is **broad**er than any single task.
It's your overall verdict on yourself:

Do I see myself as
capable?

Do I see myself as
competent?

Do I see myself as
successful?

The challenge

Self-esteem usually tracks performance. A win lifts it; a setback deflates it. If your view of yourself moves with every result, you are on a permanent emotional rollercoaster at work.

Self-Worth Answers a Deeper Question

"What is my value as a human being?"

Most of us unconsciously learned that worth must be EARNED through:

achievement

productivity

promotions

appearance

income

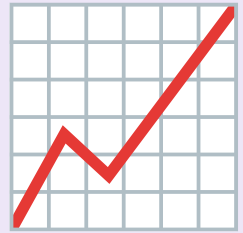
approval

academic success

relationships

Everything on that list can change. If worth depends on something unstable, worth becomes unstable too.

The Central Idea



Self-Confidence

goes up and down



Self-Esteem

is influenced



Self-Worth

remains

Worth is the steady floor beneath the moving weather of confidence and esteem.

Day 1

What Has Been Defining Your Worth?

Performance

Productivity

Promotions

Job Title

Income

Appearance

Recognition

Social Media

Relationships

Approval

Achievements

Academic Success

*If this disappeared tomorrow
would my VALUE disappear, or only this PART of my life?*

Day 1

When Worth Is Conditional...

Any of these everyday work events →

A mistake

Tough feedback

Being passed over

A setback



**...becomes a threat to your IDENTITY
not just to an outcome.**

*Many people don't struggle with confidence.
They struggle because their worth is conditional.*

Who Am I?

Before we talk about value let's look at how we introduce ourselves to the world.

Write down quickly:

My name is...

My position in the company is...

My professional title is...

My roles are... (manager, parent, friend,
provider, partner, son / daughter, team
leader...)

**"If we removed
ALL of it
WHO
would be left?"**

We will come back to this question on the final day.

Exercise · 8 min

The Worth Inventory

01

Complete this sentence 5 times:

"I feel most valuable when..."

Write fast. Don't overthink.

02

For each answer ask:

"If this disappeared, would my value disappear or only this part of my life?"

03

Pick one answer:

"What if this were something I enjoyed but no longer needed to feel worthy?"

04

Reflect in the chat.

What surprised you?

The Invitation

Achievement is wonderful.
Success is wonderful.
Recognition is wonderful.

The invitation is NOT to reject these things.

**The invitation is to
stop DEPENDING on them for your worth.**

The goal is to stop confusing achievement with worth.

So far we explored where worth comes from.

**What happens when that worth
feels threatened?**

The Inner Critic

The voice many *high performers* carry:

"I'm not strategic enough."

"I should be further along by now."

"Everyone else has it figured out."

"They'll find out I don't belong here."

"I always mess things up."

The problem isn't having the voice.

The problem is believing everything it says.

In high-pressure environments, this voice is often amplified by the constant demand to deliver.

Ask yourself: would you speak to a colleague the way you speak to yourself?

Shame vs Guilt

Guilt

"I did something wrong."

Focuses on behaviour.
Drives correction & accountability.
Is about what happened.
Can motivate real change.

Useful when proportional

Shame

"There is something wrong with ME."

Attacks identity, not behaviour.
Creates fear of being seen.
Fuels hiding & over-achieving.
One of the great enemies of worth.

Erodes self-worth over time

Perfectionism: A Protection Strategy

*"If I become **perfect**, I will finally be safe from criticism, rejection and disappointment."*



High Standards

Healthy drive to grow



Perfectionism

"Enough" never arrives



Self-Attack

"Why am I not better?"



The Loop

The finish line keeps moving

Growth happens faster when we stop attacking ourselves.

$$\text{Suffering} = \text{Pain} \times \text{Resistance}$$

PAIN —> inevitable

You receive sharp feedback in a review. The disappointment is real and you can't undo what happened.

RESISTANCE —> optional

The inner story: "I shouldn't have. This is a disaster. What is wrong with me? Why can't I just be normal?"

The Antidote: **Acceptance**

Acceptance does NOT mean:

✗ Giving up

✗ Agreeing with it

✗ Liking or approving

✗ Staying passive & unhappy

Acceptance means:

"I am willing to see reality as it is without fighting it."

-
- ✦ Seeing clearly, without a verdict
 - ✦ The starting point of real change
 - ✦ Honesty toward yourself
 - ✦ Separating your worth from the struggle

Self-Compassion: The Missing Skill

The inner critic and shame show up exactly when your worth feels threatened. Self-compassion is the skill that answers them not by arguing back, but by changing how you treat yourself in the hard moment.

Treat yourself with the same kindness you'd offer a good colleague having a hard day.

Why it belongs at work

- More resilience under pressure
- Less burnout, less shame-hiding
- MORE motivation, not less
- Faster recovery after mistakes

The Three Parts of Self-Compassion



Self-Kindness

vs self-judgment

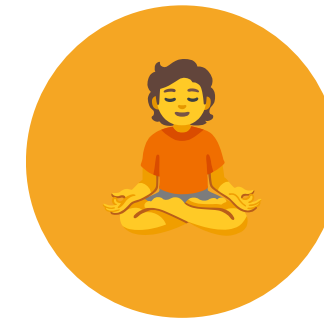
Speak to yourself with warmth instead of attack, especially when you fall short.



Common Humanity

vs isolation

Everyone struggles and fails.
You're not uniquely broken
you're human, like the rest of
us.



Mindfulness

vs over-identifying

See the pain clearly and name
it without drowning in it or
making it your whole identity.

Self-Compassion Is NOT...

- ✗ Self-pity or wallowing
- ✗ Weakness or going soft
- ✗ Lowering your standards
- ✗ Making excuses for yourself

It IS:

A wiser, steadier way to hold difficulty so you can actually recover, learn, and try again.

*Self-esteem needs you to win.
Self-compassion is there when you lose.*

Being kind to yourself is what lets you get back up faster.

In-Session • 5–7 min

The Self-Compassion Break

A 60-second practice for the middle of a hard moment. Three lines, one hand on your heart.

1

Name it “This is a hard moment.” (mindfulness)

2

Normalise it “Hard moments are part of every working life.” (common humanity)

3

Be kind Hand on heart: “May I be kind to myself right now. What do I need?” (self-kindness)

Talk to Yourself Like Someone You're Helping

The critic's line

"I'm not strategic enough. Sooner or later they'll find out I don't belong here."



To a colleague, you'd say

"This scope is new for you. You've handled hard things before. You'll figure this out too. Ask for what you need."

Write ONE line your critic says. Rewrite it as you'd say it to someone you respect. Read the second one twice.

Same facts. Kinder voice. That voice is trainable too.

Ritual · Day 1 → Day 2

Three Things I Value



Write 3 things you value in yourself.

Not achievements. Not results. Not productivity.
Character qualities.

"I was patient today."

"I showed kindness."

"I didn't give up."

"I told my truth."

"I kept my sense of humour."

Day 02

Building Authentic Confidence

Confidence Through Action

2 July 2026 · 15:30–16:00 · 30 minutes

Three Days · One Journey

01

1 July · 60 min

Understanding Self-Worth

& the Inner Critic

- Confidence · Esteem · Worth
- Where worth comes from
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2 July · 30 min

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Insight into Daily Practice

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Welcome Back

*What did you discover yesterday
that surprised you?*

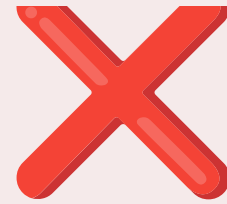


Share in the chat

Yesterday we learned: worth is not earned through performance.

**Today: how do we actually build confidence
without waiting to feel ready?**

The Confidence Myth



THE MYTH

"I need to feel confident before I act."

- Waiting for the right moment
- Avoiding the first presentation
- Postponing the hard conversation
- "I'll start when I'm ready."



THE REALITY

**Action comes first.
Confidence comes later.**



First presentation = imperfect



First leadership role = uncertain



First hard conversation = awkward

*Nobody starts confident.
Confidence is earned afterwards.*

What "Having Confidence" Really Means

It is NOT:

- ✗ Without any doubt?
- ✗ Without insecurity?
- ✗ Without fear?
- ✗ Without anxiety?
- ✗ Without uncertainty?
- ✗ Without mistakes?

It IS:

"I've done it before. I know I can."

or

"I haven't done it. I know I'll struggle and fail at first. And I'll keep going until I gain the experience, skill and knowledge."

My guide is: belief in myself.

Fear Is Not the Enemy

Confidence is not the absence of fear.

These are all normal and present in confident people too:

Fear

Anxiety

Uncertainty

Self-doubt

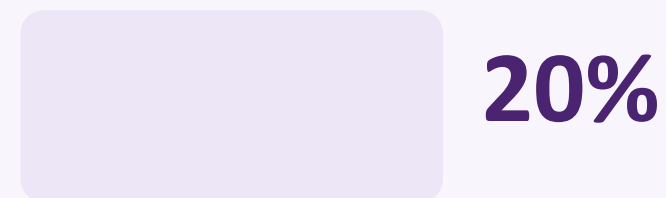
Confidence means:

"I am willing to move forward EVEN while these feelings are present."

It's Not Only WHAT —> It's HOW

In meetings and presentations, how you say something carries much of the perceived confidence. Often more than the words themselves.

Words



Tone & voice



Body language & presence



Confidence • In the Moment

Settle Before You Speak

A 60-second reset for presentations and hard moments.

- 1 Land** Put down whatever's in your hands. Sit back, feet flat. Lower your gaze to one fixed point or, if it feels safe, close your eyes.
- 2 Soften** Slowly unclench: shoulders down, jaw loose, hands open.
- 3 Breathe** Three slow breaths a little longer on the way out. Then hold the pause before you begin.

Presence is trainable and acting it calm feeds the real, felt sense of confidence.

Confidence Lives in the Body

*You can't feel confident on command but you can act the **physiology**, and the feeling follows.*

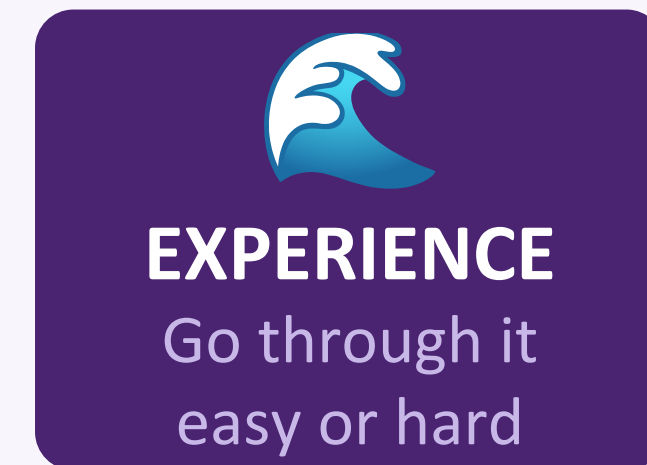
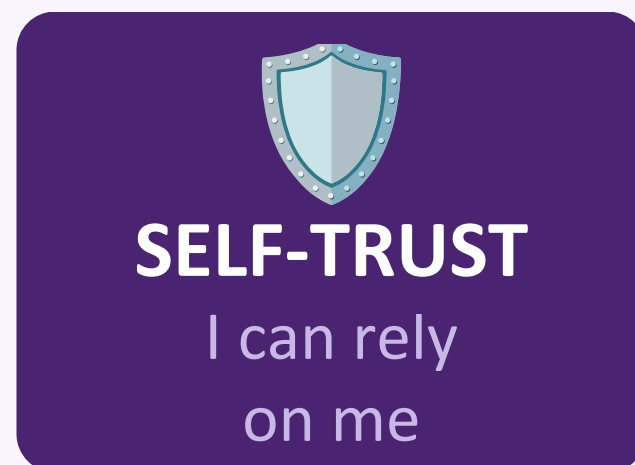
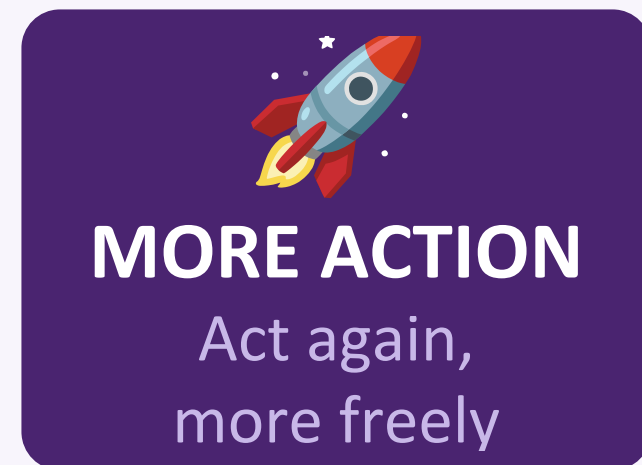
1 Posture Feet grounded, shoulders down and back, take up your space. Don't shrink.

2 Breath One slow exhale before you speak. The pause reads as calm authority not weakness.

3 Voice Lower the pitch, slow the pace, and land the last word instead of trailing up.

Try it for the next thing you say out loud today. The body leads and confidence follows.

The Confidence Loop



Self-trust is built by keeping small promises to yourself.

Exercise

Evidence Journal

Step 01

Think of 3 difficult situations you have already survived in life or career.

Step 02

What personal qualities helped me get through them?

Usually surfaces:

courage

persistence

adaptability

patience

creativity

resilience

*Confidence grows from **evidence** not from positive thinking or motivation.*

Day 2



DEBRIEF



ACTION

Do it despite
uncertainty



MORE ACTION

Act again,
more freely



SELF-TRUST

I can rely
on me

**Confidence
Grows
through:**



EXPERIENCE

Go through it
easy or hard



LEARNING

Extract proof
& insight

Reframing Setbacks: The Confidence Debrief

After any hard moment or brave action, run four quick questions instead of replaying the story:

1

What actually happened?

Just the facts — not the story about you.

2

What did I do well, even a little?

There is always something. Name it.

3

What will I do differently next time?

One concrete adjustment, not ten.

4

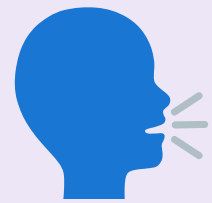
What proof did this add?

Feed it straight into your Evidence Journal.

A setback you debrief becomes data. A setback you avoid becomes a story about you.

Start Small: Micro-Actions at Work

You don't need a big leap. Pick one small, repeatable brave action this week:



Share one opinion in a meeting



Ask a question instead of staying quiet



Ask for help with something



Set one small boundary



Request feedback proactively



Volunteer for something visible

Confidence is a muscle. Reps beat motivation.

Micro-Scripts for Brave Moments

The words are simple. Saying them once rewires what feels possible.

Ask for help

"I want to get this right can you point me in the right direction?"

Give an opinion

"Here's how I see it ..." Then say it. Don't hedge it away.

Set a small boundary

"I can't take this on today. I can get to it Thursday."

Ask for feedback

"What's one thing I could do better next time?"

Pick one. Use it this week, word for word, before you feel ready.

Ritual · Day 2 → Day 3



One Brave Action

Today you choose one small act of courage then journal about it.

Pick ONE small brave action for today:

- Say an opinion in a meeting
- Ask for help
- Have a difficult conversation
- Set a small boundary
- Ask for feedback

Then write down:

What action did I take?
How did I feel BEFORE?
How did I feel AFTER?

Tomorrow we open with
Who surprised themselves yesterday?

Three Days · One Journey

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1 July · 60 min

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3 July · 30 min

Living from Self-Worth

Insight into Daily Practice

- Worth shows in choices
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- Values-based living
- Who am I, really?

Day 03

Living from Self-Worth

Turning Insight into Daily Practice

3 July 2026 · 15:30–16:00 · 30 minutes

Welcome Back

*Who surprised themselves yesterday
with their one brave action?*

Our journey so far:

✓ Day 01

**Understanding Self-
Worth**

*Worth isn't earned through
performance*

✓ Day 02

**Authentic
Confidence**

*Action comes first;
confidence follows*

▶ Day 03

**Living from Self-
Worth**

Make it real in daily choices

Positive Affirmations Have a Catch

*Positive affirmations mostly work for people who
ALREADY
have a positive self-image.*

Why they can backfire

- If you don't believe it, the words clash with your real self-view
- Your mind counter-argues and the gap gets louder
- "I am amazing" can leave you feeling worse, not better

What builds worth instead

- **Evidence** you can point to (your Evidence Journal)
- **Self-compassion**: kind words you can actually believe
- Questions over declarations: "**What went well?**"

Don't affirm what you don't believe yet. Build the proof. Then the words land.

Day 3 · Confidence → Worth

When the stage lights go off
what's left?

*Confidence is what you can do.
Worth is what remains when you're **doing nothing at all.***

Insight Is Not Enough

Insight

changes very little
on its own



Practice

changes
everything

*The real question is not "Do I believe I have worth?"
it's "How do I act when I acknowledge my worth?"*

Self-Worth Shows in Your Choices

**Self-worth is not what you say.
It's what you repeatedly
tolerate, choose and prioritize.**

If you truly believed you were worthy:

What would you stop tolerating?

What would you ask for?

What would you claim?

Where would you set a boundary?

Your Values Compass

Scan the list and pick the 3–5 that are genuinely yours not the ones that sound impressive.

Honesty	Integrity	Growth	Courage	Freedom
Family	Creativity	Fairness	Curiosity	Calm
Kindness	Achievement	Independence	Connection	Health
Learning	Loyalty	Adventure	Security	Respect
Balance	Purpose	Compassion	Excellence	Authenticity
Gratitude	Responsibility	Trust	Belonging	Autonomy

For your next real decision, ask: “Which choice honours these?”

When worth is the floor, values are the compass. Decisions get simpler.

Healthy Self-Worth Looks Like...

E

Elena

Data & Process Analyst

The one the team calls for the hard problems. Not a natural presenter and says so. Cooks for fun, burns half of it.

A

Andreas

Project Manager

Keeps projects on track when others lose focus. Forgets names, double-books himself and just laughs it off. Plays guitar at home, for himself.

S

Sofia

Customer Support Specialist

Clients trust her; great at calming a tense call. Not the most technical, asks for help with ease. Runs a 5k, mid-pack, no stopwatch.

"I believe in myself, and I know I am worth it." regardless of who outperforms whom.

Boundaries Are Information

**Boundaries are not rejection. They are not walls.
They are information.**

They simply communicate:

**"This works
for me."**

**"This does not
work for me."**

Saying No Without Guilt: 3 Scripts

The warm no

“Thanks for thinking of me, I can’t take this on right now.”

The alternative

“I can’t do X, but I can do Y.” Offer the door you can open.

The delay

“Let me check my capacity and come back to you by [time].”

A clear no protects a real yes. You don’t owe a paragraph of justification.

When Self-Worth Grows...

Several things quietly start to change:

✦ You over-explain **less**

✦ You people-please **less**

✦ You ask for help **more easily**

✦ You tolerate **less** disrespect

✦ You **recover faster** from mistakes

✦ You respect your own limits

Self-care is not a luxury. It's a message of worth to yourself.

Concrete Ways to Raise Your Self-Worth



Assertiveness & negotiation

If you don't ask, the answer is always no



Structural boundaries

Protect time, energy and focus



Books & courses

Close real skill gaps



Therapy / coaching

Individual or group support



Sleep, rest & nutrition

The body carries the mind



Present-moment practice

Live consciously, build brick by brick

Letter From Your Future Self

Now answer as that future you:

1. What would I want to remember today?

2. What would I encourage you to STOP doing?

3. What would I encourage you to START doing?

4. What boundary would I ask you to set?

5. What permission would I give you?

Who Am I? Revisited

On Day 1 you wrote your position, title and roles.
Now if we removed all of that, who remains?

I am more than my position.

I am more than my performance.

I am more than other people's opinions.

So who am I? (write 3–5 words)



Drop your 3–5 words in the chat

*Your worth is not something you prove.
It is something you gradually learn to remember.*

The goal is not to become worthy.
The goal is to recognize
that you already are.

My worth is the foundation from which performance grows.

These days didn't add to your worth.

You were already worthy walking in.

So when the noise comes back, remember:

Your worth was never

the thing in question.



Day 3 • Integration

A Grounding Meditation

Let everything from these three days settle into the body.

Arrive • Release • Return

I am worthy

...no matter the hardships I lived through.

...no matter the voices and the conflicts.

...no matter how little attention I received.

...no matter how unfairly I was treated.

With all that I have and all that I am.

Without the perfect job or the perfect results.

Without the perfect body, family or finances.

Without following the 'shoulds' others set.

I am worthy because I exist.

Thank you · Angelos Leventis

info@angelosleventis.gr · @angelosleventis

After the Workshop

Your 30-Day Practice

Worth isn't a workshop. It's a practice you return to.

Every evening

3 things I value in myself · 1 boundary I honoured · 1 brave action I took

Every week

One small brave action, chosen on purpose.

On hard days

One Self-Compassion Break: hand on heart, three lines.

On day 30

Re-read your Letter From Your Future Self. Notice what changed.

Small, repeatable, yours. That's how worth stops being an idea and becomes a default.

Special Module

Steady Through Change

Worth, confidence and agency when everything is moving.

For restructures, uncertainty, and doing hard change well.

Change Threatens Your Role — Not Your Worth

A restructure puts real things on the line — but notice they're all the conditional ones from Day 1.

On the line

- Your role & title
- Your team & projects
- Your income & plans
- Your daily certainty

What it cannot touch

- Your worth as a person
- Your character & values
- Your track record & skills
- Your ability to adapt

The ground under you didn't move. Only the weather did.

Focus Where You Have Power

CONTROL

fully yours

Your effort
Your attitude
How you show up
What you learn
How you treat people

INFLUENCE

partly yours

Your visibility
Team morale
Some decisions
How you're seen

CONCERN

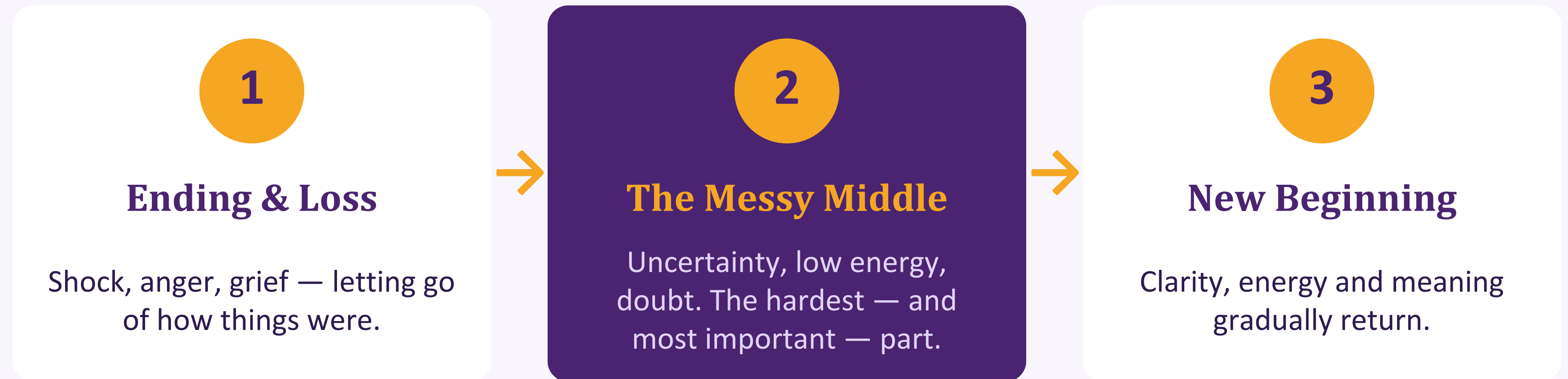
not yours

The reorg plan
The market
Others' choices
The final outcome

Anxiety lives in the outer ring. Power lives in the inner one. Spend your energy accordingly.

The Curve of Change Is Normal

*Every transition runs through three phases even the changes we choose.
Knowing them stops you pathologising your own reaction.*



*Struggling in the middle isn't weakness, it's the **process**. It doesn't skip, but it does pass.*

Anchors When Everything Moves

When the external ground shifts, deliberately hold onto a few things that stay yours:

Your values

A daily routine

People you trust

Skills you own

Small daily wins

Sleep & movement

A place that calms you

Your evening ritual

Pick 3. Keep them non-negotiable while everything else is in motion.

You don't need everything stable just a few fixed points to steady you.

From “Why Me?” to “What Now?”

The spiral (keeps you stuck)

- Replaying the unfairness
- Forecasting disaster
- Waiting for certainty before you move

The step (moves you)

- Name the loss honestly
- Shrink the horizon to the next step
- Act on one thing you control today

You don't need the whole staircase just the next step, done today.

This isn't forced positivity, the loss is real. It's choosing where your next move comes from.

Build Your Career Resilience

Resilience isn't luck or personality. It's a few habits kept in the calm times, before you need them.

Keep a living record — Log your wins and skills monthly — not in a panic the week you need it.

Tend relationships early — Build your network in and outside the company before you need a favour.

Grow one durable skill — Pick something that outlasts this specific role.

Know your runway — Understand your finances — clarity shrinks fear.

Keep your story current — CV and LinkedIn quietly up to date, always.

None of these depend on the reorg. All of them are yours to start this week.

The Long View

Grow Through It. Not Just Survive It

This isn't about pretending change is good. The loss is real, and it's allowed to be hard.

People often come through hard transitions with clearer priorities, unexpected strength, and deeper, more honest relationships. Not because the change was a gift, but because of how they chose to meet it.

*Change can't take your worth. **Sometimes it's what reveals it.***