



SEACOM

ENGINEERING COLLEGE

Name- Priyanka Maity Dept - Electronics & communication Eng

Roll No- 20600322045 Year- 3rd year Semester- 5th

Subject- Soft skill & Interpersonal communication

TOPIC NAME:- SELF ESTEEM

Introduction



❖ What is self Esteem ?

Self-esteem is your subjective sense of overall personal worth or value. Similar to self-respect, it describes your level of confidence in your abilities and attributes.

❖ Key elements of self Esteem.

1. Self confidence
2. Feelings of security
3. Identity
4. Sense of Belonging
5. Feeling of competence

Importance of Self Esteem.

- ❖ **Self-esteem** impacts your decision-making process, your relationships, your emotional health, and your overall well-being. It also influences **motivation**, as

Self Esteem Report

E Durkheim



Self Esteem Report:

Whispering the Techniques of Language: An Psychological Journey through **Self Esteen Report**

In a digitally-driven world wherever displays reign supreme and quick interaction drowns out the subtleties of language, the profound secrets and psychological nuances concealed within phrases usually get unheard. Yet, located within the pages of **Self Esteen Report** a captivating fictional treasure pulsing with raw thoughts, lies an extraordinary journey waiting to be undertaken. Published by an experienced wordsmith, that charming opus encourages visitors on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the material of each and every word. Within the mental depths of the moving evaluation, we will embark upon a sincere exploration of the book is primary subjects, dissect their interesting writing type, and yield to the strong resonance it evokes deep within the recesses of readers hearts.

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