

Learning Objectives: List at least 3 skills the audience will gain from the presentation.

- Participants will understand the difference between shame and guilt and the outcomes correlated with each concept.
 - Participants will understand the concepts of vulnerability, wholeheartedness, empathy, and self-compassion, as based on the research of Dr. Brené Brown and Dr. Kristen Neff.
 - Participants will understand the difference between perfectionism and healthy striving.
 - Participants will understand the difference between fitting in and belonging in social groups.
 - Participants will learn practical techniques to teach parents so they can help their children grow in self-compassion and live more authentic lives.
-

Measurable Outcomes:

Participants will answer presenter questions about the topics and will be asked to share examples of these concepts and practices in their own lives, both personally and professionally. They will discuss several of the topics in small groups and conduct a self-assessment about the shame and guilt in their own lives.

Title of the Program with Summary/Outline: How to Talk to Kids About Self-Esteem

Starting from a young age, children often shape who they are based on what they think is acceptable to their peers. Sometimes they compromise so much of themselves that there is very little of their true selves left. This presentation is designed to educate about and illustrate how Dr. Brené Brown's work on shame, vulnerability, and wholeheartedness can be implemented with children of all ages so they can grow in self-acceptance and self-compassion and live wholehearted lives.

Bibliography of Resources:

Audio CD

Brown, B. (2013). *The gifts of imperfect parenting: Raising children with courage, compassion, and connection*. AudioCD. Boulder, CO: Sounds True.

Books

Brown, B. (2012). *Daring greatly: How the courage to be vulnerable transforms the way we live, love, parent, and lead*. New York: Penguin Group (USA) Inc.

Brown, B. (2007). *I thought it was just me (but it isn't): Making the journey from "what will people think?" to "I am enough."* New York: Penguin Group (USA) Inc.

Brown, B. (2010). *The gifts of imperfection: Let go of who you think you're supposed to be and embrace who you are*. Center City, Minnesota: Hazelden.

Brown, B. (2015). *Rising strong: The reckoning, the rumble, the revolution*. New York: Penguin Random House LLC.