



**NAMIBIA UNIVERSITY  
OF SCIENCE AND TECHNOLOGY**

**Department: Student Services**

# Self-esteem Workshop

## Announcement (2 / 2018)

The Department: Student Services is presenting a Self-esteem Workshop.

### The objectives are:

- to define what self-esteem is;
- to inform students on the difference between good and poor self-esteem; and
- to teach students skills on how to improve their self-esteem.

**Dates:** Wednesday, 21 February 2018

**Venues:** SRC Boardroom, Department: Student Services

**Time:** 11:30

USB stick at attendance

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### Enquiries:

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