



“Building Real Self-Esteem”

What are the key points in helping a child or team member build self-esteem?

Why would praise not richly deserved but rather given as encouragement to build confidence hurt building real self-esteem in the long run or would it?

Why would it be to distinguish between recognizing good effort with poor skill, poor effort with good skill and good effort with good skill. How do you make the good effort automatic so you can focus on the skill?
