



**NAMIIBIA UNIVERSITY**  
OF SCIENCE AND TECHNOLOGY

Department: Student Services



# Self-Esteem Week

## Objectives:

1. Help students identify their strengths, values, and unique qualities.
2. Teach the power of inner dialogue and how to challenge negative thoughts.
3. Encourage acceptance of imperfections and celebrate individuality.
4. Build empathy and show how supporting others boosts self-esteem.
5. Practice confidence through expression and celebration.

### Monday, 01 September 2025

#### "Know Yourself"

Time: 12:30 - 14:00

### Wednesday, 03 September 2025

#### "Celebrate You"

Time: 11:30 - 14:00

### Friday, 05 September 2025

#### "Shine Bright"

Time: 12:30 - 1400

### Tuesday, 02 September 2025

#### "Talk Kindly to Yourself"

Time: 12:30 - 14:00

### Thursday, 04 September 2025

#### "Lift Others Up"

Time: 12:30 - 14:00

Venue: Student Cafeteria, NUST Main Campus  
Refreshments included. All Student are welcome.

## Enquiries

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