



PAMIBIA UNIVERSITY
OF SCIENCE AND TECHNOLOGY

Department: Student
Services

NOT GOOD ENOUGH
FAILURE
NOT SMART
I CAN'T
WORTHLESS
NOBODY CARES
NOTHING SPECIAL
NOT TALENTED
I DON'T
MATTER

Self-Esteem Week!

Take time to focus on **YOU**.



Come and learn how to:

- Build confidence,
- Overcome self-doubt,
- Embrace your strengths.

Remember: **You are enough. You are capable. You matter.** Don't miss this opportunity to grow, connect, and feel empowered.

**Monday, 31
August 2026**

"Know Yourself – Your Worth Begins Within"

Help students Understand Self-
Esteem & Self-Awareness.

**Tuesday, 01
September 2026**

"Change the Voice in Your Head"

Teach the power of inner dialogue
and how to challenge negative
thoughts.

**Wednesday, 02
September 2026**

"Focus on What You Bring to the Table"

Building Strengths & Confidence.

**Thursday, 03
September 2026**

"Be Authentically You"

Self-Acceptance & Empowerment.



12:00 (Everyday)



SRC Boardroom, Department of Student Services, NUST Main Campus

T-Shirts / bags will be provided.

Enquiries

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