

Self-Esteem: How to Seek It and Keep It

FEATURED SPEAKER: PETER MACDOUGALL



Peter MacDougall was Superintendent/President of the Santa Barbara Community College District for 21 years. Now in retirement, he is very active in the community as a board member of various public interest organizations. He is a past Chairman of the Campaign Cabinet that successfully raised over \$100 million to build a new Cottage Hospital. Peter says, "Self-Esteem is knowing and accepting one's strengths and weaknesses, and being comfortable in authentically acting consistent with them." Join us as Peter reveals how healthy self-esteem helped him achieve a successful career in education, receiving significant awards along the way.

The lecture format of this series allows an opportunity for questions and answers. You will find yourself motivated and inspired!

Guest Speaker: Peter MacDougall

Moderator: Willa Young, MFT

**Friday, January 20, 2012
Noon – 1:30 pm**

Free!

**Tannahill Auditorium, Schott Center
310 W. Padre St.**

Register online at www.sbcc.edu/ce

Co-Sponsor: Santa Barbara Council for Self-Esteem

www.selfesteem.org



The Santa Barbara Council for Self Esteem is a non-profit organization whose purpose is to inspire and motivate us to create the changes we want in our lives.