

Self-Esteem: How to Seek It and Keep It

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.



Salud Carbajal

Self-esteem is “An evolving contentment and peace with one’s strengths and weaknesses, failures and successes, gains and losses conducive for personal growth in the lifelong pursuit of goals and aspirations,” says Salud Carbajal. Join us as Salud reveals how his high self-esteem helped him grow as he traveled from Mexico to Chairman of the Santa Barbara County Board of Supervisors with the commitment to ensure responsive, effective and accountable government for all residents of Santa Barbara County.

The lecture format of this series allows an opportunity for questions and answers, from which you’ll find yourself motivated and inspired.

Guest Speaker: Salud Carbajal

Moderator: Willa Young, MFT

**Friday, September 19, 2008
Noon – 1:30 pm**

Free!

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

Co-Sponsor: Santa Barbara Council for Self-Esteem



For more information, call 964-6853 ext. 0.

