

Beyond the Likes: Cultivating Self-Worth in a Connected World

In daily life, it's easy to tie our sense of value to what others think — at work, in relationships, or in social circles. Relying on external approval can quietly erode confidence and leave us feeling anxious or disconnected from ourselves.

This webinar helps participants explore what self-worth really means, recognize the patterns that keep us seeking validation, and practice strategies to cultivate a sense of value that comes from within.

Learning Objectives

- Understand self-worth and differentiate it from seeking approval
- Identify patterns and triggers that drive reliance on external validation
- Implement strategies to cultivate self-sourced self-worth

Content Outline

Understanding Self-Worth

- What self-worth means versus self-esteem or external approval
- How daily interactions, comparisons, and feedback can influence how we see ourselves

Breaking Free from External Validation

- The three psychological traps
 - Comparison Spiral
 - FOMO Effect
 - Approval Loop
- Exercises to spot these patterns in real life and reduce their impact

Building Sustainable Self-Worth

- Values Anchoring: Reconnect with what truly matters to you
- Self-Compassion Check-In: Respond to yourself kindly, not critically
- Boundary Setting: Manage expectations, commitments, and feedback from others