



## Being me. Series 1, [episode] 2, Happy to be me /

Redden, Susan.

pro.

drt

James, Keryn.

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ABC Commercial,  
2004

Documentary films

Material Projectable

This program sets up the idea that our self-esteem is something that can change depending on the situation and how we manage it. It looks at the benefits of high self-esteem and identifies skills for boosting self-esteem such as; knowing our strengths, taking on challenges, staying calm and helpful thinking (self talk)

<https://rebiunoda.pro.baratznet.cloud:28443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhcmF0ei5yZW4vMzQ0MzZwNzU>

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**Título:** Being me. Series 1, [episode] 2, Happy to be me directed and produced by Susan Redden, ABC Commercial, in Being Me

**Editorial:** Ultimo, New South Wales ABC Commercial 2004

**Descripción física:** 1 online resource (20 min.).

**Duración:** 001936

**Variantes del título:** Happy to be me

**Mención de serie:** Academic Video Online

**Nota general:** Title from resource description page (viewed May 9, 2014)

**Formato físico adicional:** Previously released as DVD

**Lengua:** In English Original language in English

**Materia:** Self-esteem in children Identity (Psychology) in children Self knowledge, Theory of

**Autores:** Redden, Susan. pro. drt James, Keryn. pro. drt

**Entidades:** ABC Commercial. prn

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