



If you want  
[things to  
change](#)  
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Building your self esteem does not make you arrogant or egotistical, it is about learning to believe in yourself, in your abilities and talents. It's about not holding yourself back. It's about finding your strength and not being a doormat.

During coaching sessions we will look at what you have been believing about yourself for all these years and how to change that so that you can be the best that you can be and live a happy, joyful and fulfilling life.

**Eve Marks**  
Fulfillment Coach