



Facilite

L'ATELIER

de la TRANSFORMATION SOCIALE

The estimometer

(or confidence scale)

Low self-esteem affects the ability to act. Using a grid presenting situations from their daily lives, invite participants to reflect on their own obstacles to be transformed into levers for better action.

This self-assessment tool can be used as a starting diagnosis or as a useful compass to free oneself from relationships of domination.

Practical use

With a written support!

To begin the workshop, distribute a four-column table to each participant;

► The facilitator reads the different situations on the table, line by line, and allows participants time to respond to each one.

> On a scale of 1 to 4, the participants are individually asked, for each situation, to indicate what best corresponds to their reality (in terms of feelings, etc.) :

- 1: totally corresponds to my reality
- 2: corresponds mostly to my reality
- 3: partially corresponds to my reality
- 4: does not correspond at all to my reality

Then, each participant specifies, for this situation, in front of whom he/she feels more or less able to live it. Then completes the place and the way in which he/she reacts or feels able to carry it out.

Some examples of situations to give ideas according to the 3 axes:

SELF-ESTEEM AXES	SITUATION REPORT	SCALE FROM 1 TO 4	IN FRONT OF WHO? (COLLEAGUES, FAMILY MEMBERS...)	WHERE? (AT HOME, AT WORK, IN THE PUBLIC SPACE...)	HOW DO I REACT IN THIS SITUATION? HOW DO I REALIZE IT?
SELF-CONFIDENCE	I feel insecure	Example : 3	Colleagues	At work	I'm afraid of being assaulted by my fellow men.
	I often feel discouraged				
	I accept criticism				
	I say what I think, my opinion, my disagreements...				
	I ask for help when I need it.				
	I can defend my rights and fulfill my duties				
RELATIONSHIP TO ACTION	I am able to find my way around on my own, to get around and take transport on my own.	Example : 7	My Family	In the public space	I am able to take my children to school by taking public transport.
	I know the places where the social services, cultural and sports sites of my city are located.				
	I'm managing my financial problems				
	I have time to participate in outdoor activities with my family.				
	I am able to obtain information to improve my daily life (training, money, etc.)				
REPORTING TO OTHERS AND DECISION MAKING	I have civic responsibilities (local groups, union, etc.)	Example: 4	Neighbours	In the district	I am afraid to get involved in local groups
	I think if I get involved with other people, we can improve our quality of life.				

Acting towards Empowerment
Collective Trail to Transition - 2017 - <http://salskoth.org/fr/>

Once the grid has been completed, the facilitator asks participants to express their opinions on the exercise results. Depending on the size of the group, this discussion can be conducted in small groups.

To continue the discussion, the following questions can be asked to the group:

- ▶ What do you personally want to change?
- ▶ How can this be achieved?
- ▶ What could help you do this?

Variation for a live workshop

You can propose this same exercise in the form of a staging. For example, a staircase can be used as an opinion scale: the lowest step of the staircase would be the lowest level of suitability, while the highest step would symbolize the highest level of suitability for the situation.

What is the final word?

Low self-esteem among women, a very common phenomenon, manifests itself in many ways in all the activities and projects they undertake. It is expressed by a negative evaluation of their ideas, their decision-making and thinking abilities.

Low self-esteem among men is manifested in another way. Depending on their social roles, men have to maintain a secure image, they have to conceal their limits and weaknesses. This is why aggression or violence can be expressions of low self-esteem in men.

The participants' ability to become aware of and identify their own abilities or blocks to self-esteem will enable them to work on their power to act for social transformation.

Objectives :

The objective is to help participants become aware of their self-esteem in order to gain the power to act.

This awareness will enable each participant to define their capacity for action, to identify their strengths and weaknesses and to work on the levers for gaining self-esteem based on three areas: self-confidence; the relationship to action; the relationship to others and decision-making.

Link : <http://atelier.fdh.org/en/take-action/our-tools/assess/article/the-estimometer?lang=en>

