Low self-esteem can be a greater barrier to one’s achievement than ageism, sexism and racism combined.

Chaz Kyser, writer, speaker and founder of Careeranista, will discuss the root causes of people’s low self-esteem, which often leads to self-doubt and the fear of failure.

Careeranista is a company created to inspire, support and educate women in their quest to lead more fulfilling lives. www.careeranista.com

WHEN
May 1, 2014
11:30am to 2pm
Workshop & Networking Lunch
CUNY students, faculty, staff are welcome

WHERE
LaGuardia Community College
Poolside Café – E Building
Email to register: Cosafrontdesk@cuny.edu