Self-ESTIEM

Self-ESTIEM is a personal development workbook for ESTIEMers about some of the most important areas of life: Self-Awareness, Happiness, Love, Communication, and Purpose. It combines psychology, biology, research, reflection, and practical exercises to help people understand themselves and others better. The goal is to turn this knowledge into something that ESTIEMers can actually use in their own lives.

To create an accessible and practical personal development workbook that helps ESTIEMers become more self-aware, build stronger relationships, support their well-being, and continue developing as people.

Work Environment

The work is very flexible and mostly independent. There is already a substantial amount of Self-ESTIEM content to go through, and new chapters or exercises will be shared whenever they are finished. You will be expected to review all of the content over time, but you can decide how deeply you want to engage with it personally: you can simply complete the exercises and give feedback on whether they work, or use the opportunity to reflect more deeply and get more out of the workbook for your own development.

Self-ESTIEM Development Reviewer

Tasks of the **Development Reviewer** will include the following:

- Read parts of Self-ESTIEM and give honest feedback on whether the explanations are clear, interesting, and useful.
- Try the reflection exercises and evaluate whether they actually lead to useful insights.
- Give feedback on exercises that feel confusing, repetitive, too difficult, too personal, or simply not useful.
- Point out topics, perspectives, theories, or questions that you think are missing.
- Challenge ideas you disagree with and explain why.
- Help identify parts that could be explained more simply or made more practical.
- Notice mistakes, unclear wording, or repetition where relevant.

A big part of this role is also your own personal development. You will be one of the first people to actually experience Self-ESTIEM before it is released. You can choose how personal you want this role to become. You are **never required to share your answers to the exercises**. You can simply complete them for yourself and give feedback on whether they worked, whether they gave you new insights, and whether they felt useful.

If you do want to discuss your reflections, insights, or results, there is also space for that. I am happy to talk them through with you and support you in your own personal development where useful.

Preferred competencies:

- Motivation to reflect on yourself and seriously try the exercises.
- Openness and willingness to give honest feedback.
- Curiosity about people, life, relationships, happiness, or personal development.
- Ability to respectfully disagree and challenge ideas.
- Interest in psychology, biology, neuroscience, or human behaviour is helpful, but definitely not required.
- Motivation to contribute to something that could have a meaningful impact on other ESTIEMers.

You do **not** need to be an expert in psychology or personal development. Different backgrounds and perspectives are actually very valuable, because the final workbook should make sense to normal ESTIEMers, not only to people who already know these topics.

What will you learn in this position?

- A deeper understanding of yourself through reflection and practical exercises.
- Knowledge about human behaviour, psychology, happiness, relationships, communication, and personal development.
- New perspectives and frameworks that you can apply in your own life.
- How to critically review ideas instead of simply accepting what you read.
- The opportunity to directly influence the quality and usefulness of the final Self-ESTIEM workbook.
- The chance to contribute to something that could support the self-awareness, well-being, resilience, relationships, and personal growth of ESTIEMers across the network.

This position can therefore be both about **helping improve Self-ESTIEM and experiencing part of Self-ESTIEM yourself**.

Duration of the mandate

The mandate will last from **September 2026 until Council Meeting Porto**, with the goal of having Self-ESTIEM ready for its final review and publication by then.

Questions?

If you have any questions or doubts, you can always approach **Max Sturkenboom** through **max.sturkenboom@estiem.org** or WhatsApp: +31642865267

Interested?

Please apply:

- ➔ If you have an ESTIEM Account, fill out the Application form and submit your motivational letter in PDF format.
- ➔ If you do NOT have an ESTIEM Account yet, submit your Motivational Letter in PDF format and mail it to the leader.hrc@estiem.org.

Your motivational letter should include:

- A short introduction about yourself and your ESTIEM journey.
- Why Self-ESTIEM or personal development interests you.
- Why you would like to become a Development Reviewer.
- What kind of perspective, interests, or experience you could bring to the project.
- What you would personally like to learn or develop through this role.

Deadline

October 31st, 23:59 CEST