

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

Self-ESTIEM is a small and flexible project team. Most of the work can be done independently and whenever it fits your schedule, while we stay in contact to share ideas, feedback, and progress. Motivation and willingness to contribute matter much more than already being an experienced designer.

Self-ESTIEM Book Designer

Tasks of the **Book Designer** will include:

- Help turn the written Self-ESTIEM content into a clear and attractive workbook in Canva.
- Place and format text so chapters are easy and enjoyable to read.
- Create simple visual elements such as tables, overviews, diagrams, chapter pages, and highlighted information.
- Design exercise pages and templates that make it easy and inviting for readers to actually complete the exercises.
- Help create a consistent visual style throughout the full workbook.
- Bring your own creative ideas for how the book can become more engaging and user-friendly.

Preferred competencies:

- Motivation to contribute to Self-ESTIEM and its impact on ESTIEMers.
- Some familiarity with Canva, or motivation to learn how to use it.
- Creativity and an eye for what looks clear and visually appealing.
- Attention to detail.
- Ability to work independently and communicate when you need feedback.

You **do not need to be an experienced graphic designer**. A large part of the work is turning already-written content into well-designed pages. If you are motivated, creative, and willing to learn Canva, you can absolutely apply.

What will you learn in this position?

- Hands-on experience designing a large workbook from beginning to end.
- How to turn complex information into something visually clear and understandable.
- Experience with Canva, layouts, visual communication, and workbook design.
- More knowledge about psychology, human behaviour, relationships, happiness, and personal development simply by working with the content.
- The opportunity to directly shape a resource that can have a lasting impact on ESTIEMers.

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 you would like to contribute to Self-ESTIEM.
- Why the Book Designer position interests you.
- Any experience you have with Canva, design, layouts, or creative projects. **No experience is required.**

Deadline

October 31st, 23:59 CEST