
Overview

This standard outlines the requirements for promoting individuals' self-esteem, sense of identity and emotional wellbeing. It involves working in partnership with individuals to identify aspects that positively impact their self-esteem and sense of identity, as well as promoting their social and emotional wellbeing and positive self-image. Challenges, self-perception and beliefs that impact the individual's wellbeing and self-esteem are explored and supported. It includes working together to evaluate the effectiveness of the support provided.

Performance criteria

You must be able to:

1. identify and agree the roles and responsibilities of yourself and others to implement, monitor and feedback on strategies to build individual's self-esteem, identity and wellbeing
2. support individuals to identify what is important to their self-esteem, identity and wellbeing
3. encourage individuals to identify strengths and skills in relation to values, beliefs, image and identity
4. work in partnership with individuals to address challenges and self-perceptions that lower self-esteem, sense of identity and wellbeing
5. notice and acknowledge the emotions, non-speaking cues and behaviour of individuals
6. support individuals to identify strategies for managing their emotional regulation
7. establish with individuals and others strategies and outcomes they wish to achieve to build self-esteem, identity and wellbeing
8. use naturally occurring opportunities to promote the self-esteem and positive self-image of individuals
9. work in partnership with individuals and others to feedback on progress towards meeting outcomes and identify changes to strategies
10. complete records and reports required to promote the self-esteem, identity and emotional wellbeing of individuals
11. reflect on how you carried out your roles and responsibilities to promote positive self-esteem, identity and emotional wellbeing

Knowledge and understanding

You need to know and understand:

1. the role of relationships in building resilience and developing coping strategies
2. the importance of dignity, kindness and compassion in developing self-esteem, identity and wellbeing
3. how to support emotional regulation when overcoming challenges and self-perceptions that impact wellbeing
4. the impact of stereotypical assumptions on positive self-esteem, identity and wellbeing
5. ways to create safe environments and empower individuals to explore their thoughts and feelings
6. how to access information to support the self-esteem, identity and wellbeing of individuals
7. the use of naturally occurring opportunities to positively reinforce self-esteem, identify and wellbeing
8. how to use digital tools and devices to support self-esteem, identify and wellbeing
9. the connections between self-esteem, identity, self-image and wellbeing, and factors that impact it
10. the importance of understanding individual's unique perspectives, interests, abilities and experience in the development of their own identity, self-esteem and wellbeing
11. the influence of neurodivergence and additional needs on self-esteem, identity and wellbeing
12. the influence of culture, background and spirituality on the self-esteem, identity and self-image of individuals
13. how individuals with low sense of identity, self-esteem and self-image can be at risk of exploitation and ways to reduce that risk
14. how to apply trauma informed principles to promote positive self-esteem, identity and emotional wellbeing
15. how to support individuals and others to feedback on progress towards outcomes
16. how to provide your feedback to inform the outcomes and support changes
17. the records and reports required for promoting the positive self-esteem, identity and emotional wellbeing of individuals

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18. theories relevant to promoting positive self-esteem, identity and emotional wellbeing
 19. the relevant legal requirements, standards of practice, frameworks and guidance for promoting positive self-esteem, identity, and emotional wellbeing
 20. the workplace requirements on equality, diversity, inclusion, and rights when promoting positive self-esteem, identity, and emotional wellbeing
 21. how to work in partnership with others when promoting positive self-esteem, identity, and emotional wellbeing
 22. how your personal experiences and unconscious bias may impact when promoting positive self-esteem, identity, and emotional wellbeing, and how to address this
 23. the role of supervision, reflective practice and learning and development in promoting positive self-esteem, identity, and emotional wellbeing

HSCCLD39

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Glossary

The glossary for this National Occupational Standard is available on the Skills for Care and Development website.

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