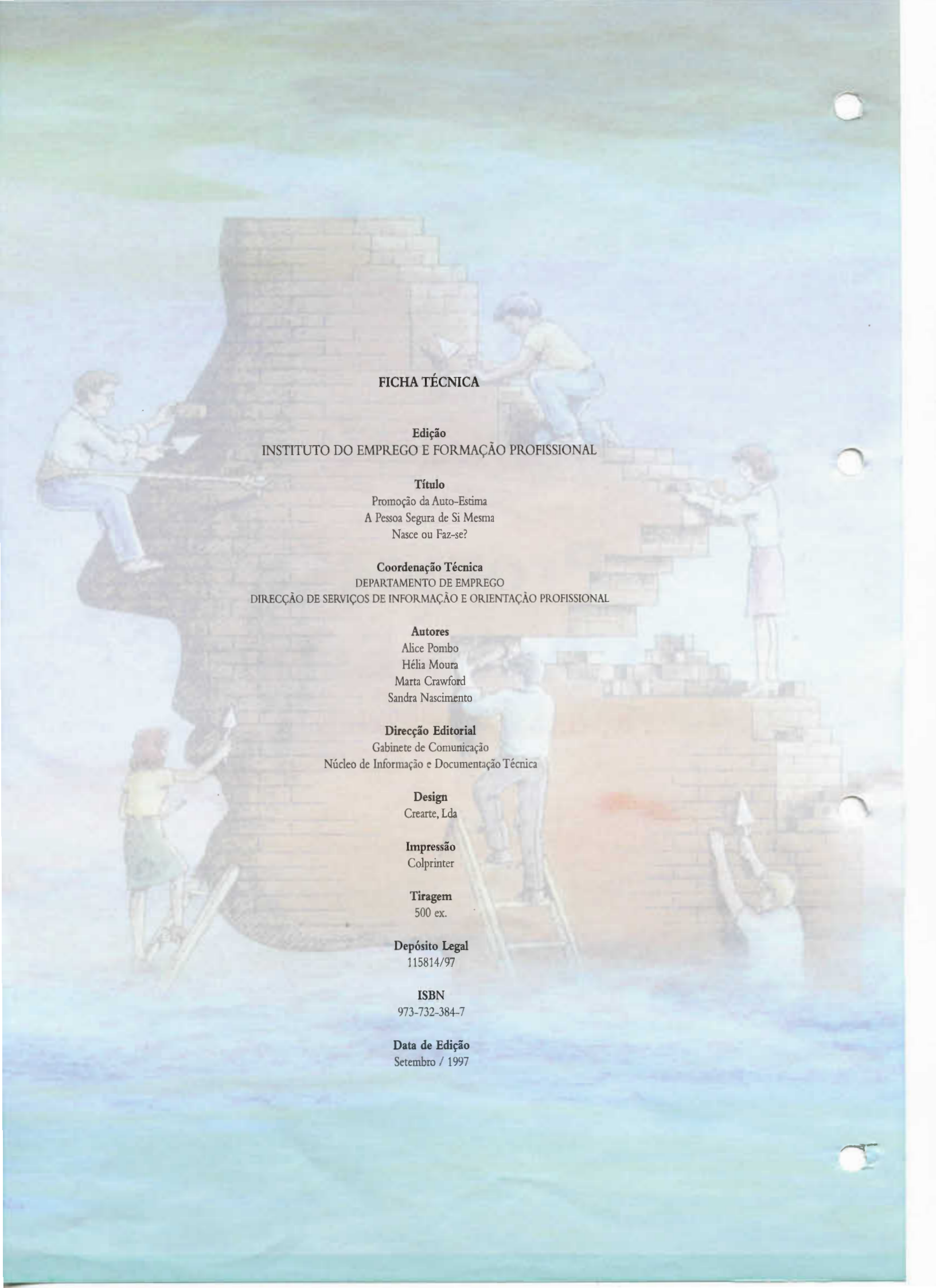
An illustration showing several people working together to build a large, multi-tiered brick structure in the middle of the ocean. The structure is composed of many layers of bricks and has a wide, flat top. The people are using various tools and ladders to reach different levels of the structure. The background is a light blue sky and a blue sea with gentle waves. The overall scene conveys a sense of teamwork and achievement.

# Promoção da Auto-Estima

PROGRAMA DE ORIENTAÇÃO

A watercolor illustration of several people working together to build a large, multi-tiered brick structure in the middle of the sea. The structure is composed of many rectangular bricks and has a complex, stepped design. One person is on a ladder on the left, another is on a ladder on the right, and several others are perched on different levels of the structure, some holding tools or bricks. The background is a soft, hazy blue and green, suggesting a vast, open body of water under a pale sky. The overall style is artistic and conceptual, symbolizing teamwork and the construction of something significant.

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A Pessoa Segura de Si Mesma  
Nasce ou Faz-se?

**Coordenação Técnica**

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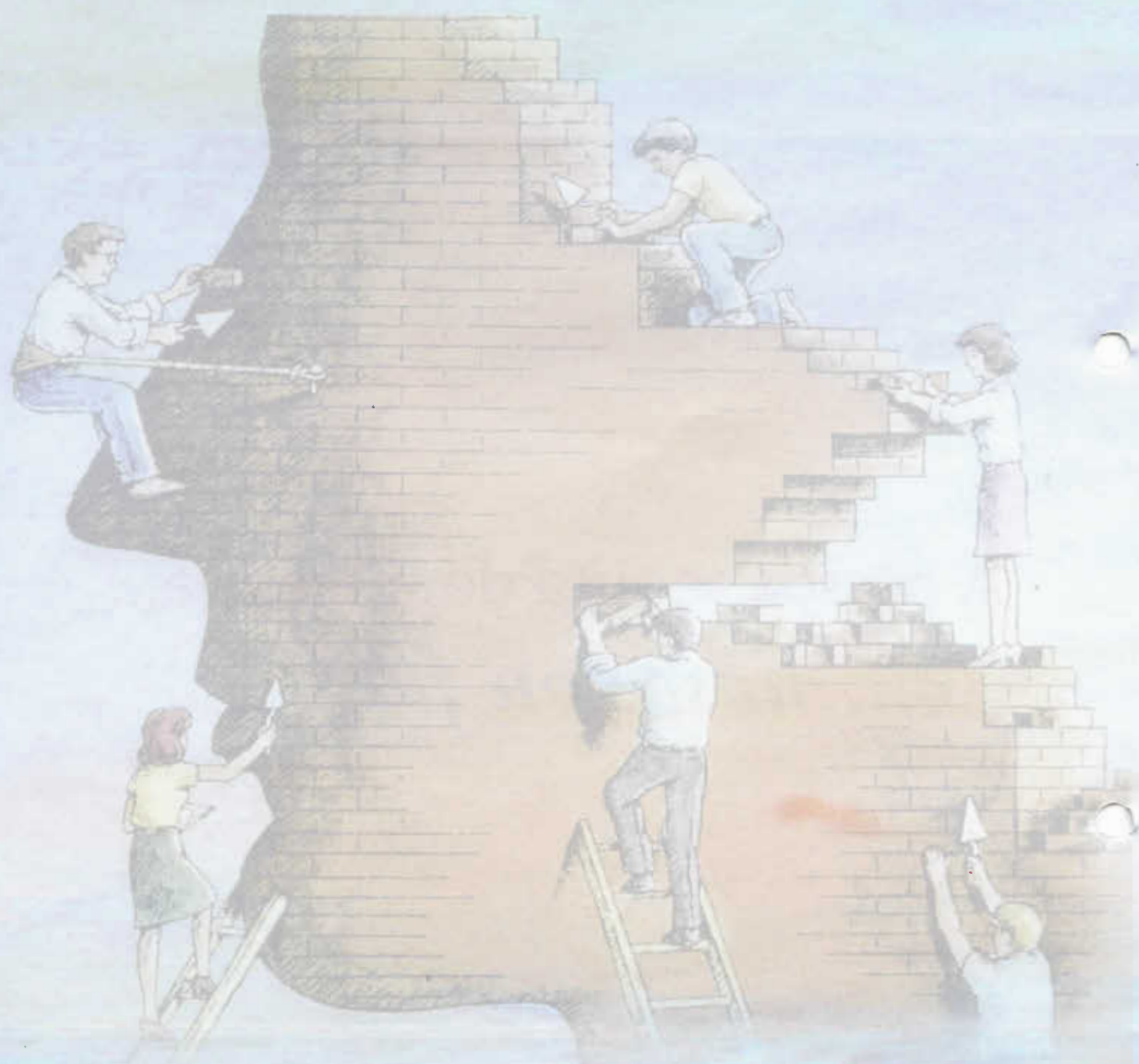
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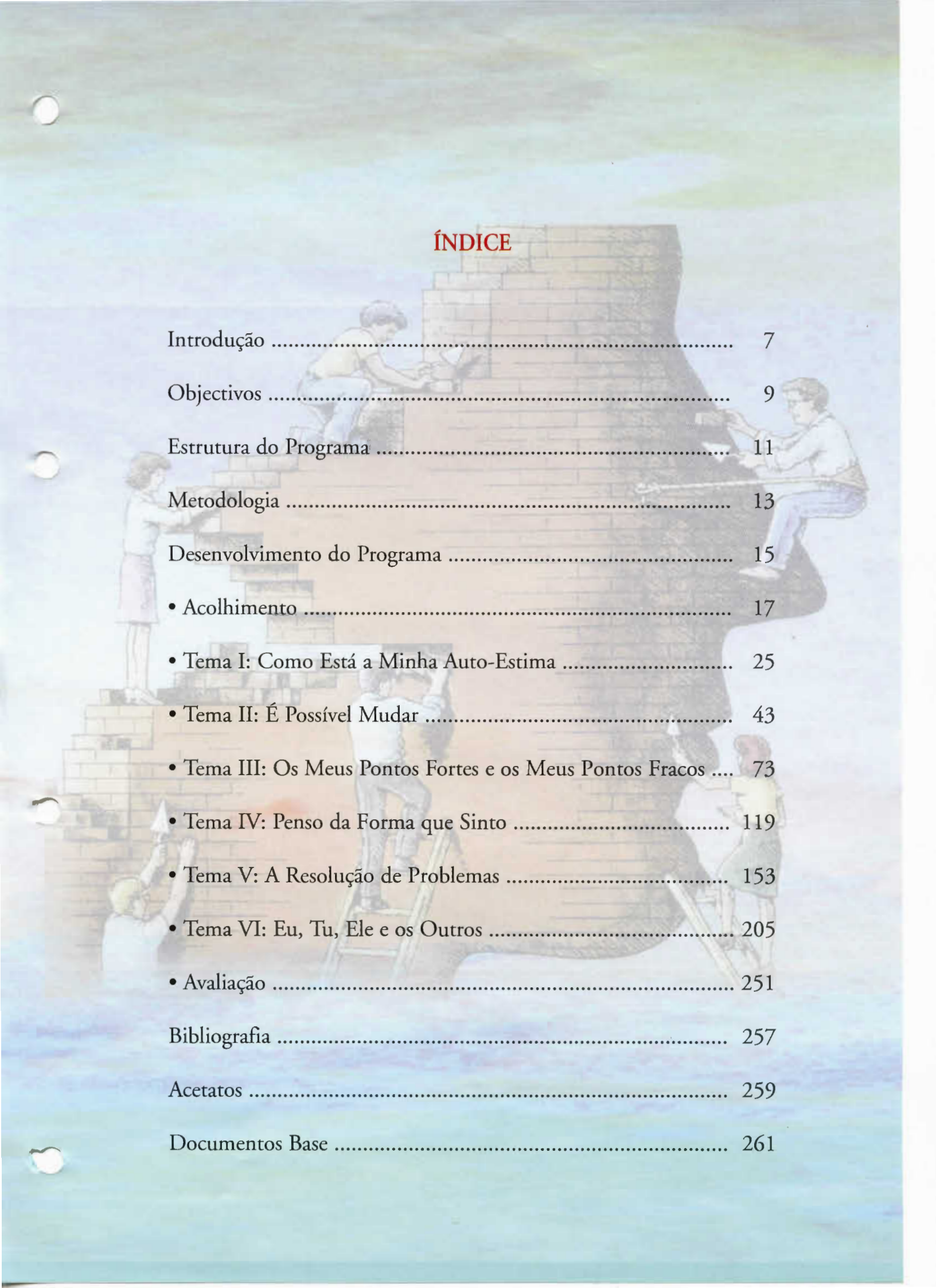
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An illustration showing several people working on a large, multi-tiered brick structure that resembles a staircase or a large staircase-like wall. The structure is built on a platform of water. People are shown at various levels: some are on ladders, some are on the structure itself, and some are in the water. The background is a light blue sky and a darker blue sea. The overall scene suggests a metaphorical journey or a process of self-creation.

A pessoa segura de si mesma...  
*...nasce ou faz-se?*



## ÍNDICE

A background illustration showing several people of different ages and genders working together to build a large, multi-tiered brick wall. Some are on ladders, some are using tools like trowels and levels. The scene is set against a light blue sky and a greenish ground, suggesting an outdoor construction site. The wall is made of reddish-brown bricks and is the central focus of the illustration.

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