

# Self Worth – An Introduction

## Online via Zoom



Healthy self-worth is one of the keys to physical and emotional well-being. It is central to our motivation and plays a big part in our capacity to make decisions and choices. With healthy self-worth we are more able to participate in positive relationships with others and maintain a consistently good emotional state in which a person is better able to feel good about themselves.

In this session we will discuss:

- what constitutes healthy self-worth
- factors that can increase and decrease self-worth
- links between self-worth and the success of relationships
- strategies to increase and maintain healthy self-worth.

**When:** Wednesday 17 April 2024

**Time:** 9.30am to 12pm

**Where:** Online via Zoom

**Cost:** \$30 per person

Online sessions are interactive and have minimum requirements



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