

Self Worth-Free To Be Me

Interactive Online Via Zoom



This 5-week course supports participants to gain a better understanding of themselves and others while providing strategies to make positive changes in their lives to transform and enhance their self-worth.

It is an opportunity for participants to learn and practice new skills, transform their mindset, move out of their comfort zone, and set goals to change their behaviours, all within a safe and supportive environment.

Attend this interactive 5-week course to learn:

- What self-worth is and how it develops.
- How negative thinking and self-talk impacts self-worth.
- How to challenge your fears and move out of your comfort zone.
- To be more assertive and set healthy boundaries.
- To connect with others who are also interested in improving their self-worth

When: Tuesday 11 18 25 Mar 1 8 Apr 2025

Time: 6.15pm – 9.00pm

Where: Online via Zoom platform

Cost: \$110 per person, \$55 concession



Online sessions are interactive and have minimum technical requirements

For information about our courses and workshops please call 6164 0200 or visit www.relationshipswa.org.au

Relationships Australia
WESTERN AUSTRALIA