

# 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:** Thursday 13 20 27 November 4 & 11 December 2025

**Time:** 6.15pm – 9.00pm

**Where:** Online via Zoom platform

**Course 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](http://www.relationshipswa.org.au)

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