

# Self Worth-Free To Be Me

## West Leederville



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 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:** Tuesdays 10 17 24 February 3 & 10 March 2025

**Time:** 6.30pm – 9.00pm

**Where:** WEST LEEDERVILLE – Level 1, 22 Southport St

**Course Cost:** \$100 per person, \$50 concession



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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