

# Self Worth-Free To Be Me

## West Leederville



A positive sense of self-worth is vital for good health and happiness. This course aims to give participants a better understanding of themselves and others, while providing skills and strategies to enhance self-esteem.

This eight-week course highlights:

- Definitions of self-worth and links between fear and self-worth
- Cycle and wheels of fear, their impacts and the need to reframe language
- How people see things differently and how to say 'No'
- Developing an assertive belief system and the declaration of freedoms and individual rights
- Listener and speaker skills
- Games people play and the Stroke Quotient Theory – how to ensure we survive criticism and/ or adverse interaction
- Using anger in a way that it empowers rather than destroys, and dealing with other people's anger

This course gives an ample opportunity to set goals within a safe and trusting environment.

**When:** Wednesday 9 16 23 30 October 6 13 20 27 November 2024

**Time:** 6.30pm – 9.00pm

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

**Cost:** \$150 per person, \$75 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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