

**STARTING MONDAY 2ND MARCH FOR 6 WEEKS**

**FREE!**

# **SELF ESTEEM AND COMMUNICATION IN WINGHAM**

## **WHAT IS IT?**

*A six week program focusing (1) on the origins of self-esteem and (2) learning essential communication skills.*

## **WHAT WILL I GAIN?**

*This program assists participants to:*

- value themselves and be more confident
- improve their self-awareness
- improve their communication skills
- be more assertive

Session 1

### **Starting the Change**

Identifying areas for personal growth and setting individual goals for the course.

Session 2

### **Understanding the Origins of Self-Esteem**

Recognise the impact of the past on who we think we are or what we think we should be —consider what needs to be changed to move forward.

Session 3

### **Getting to Know Myself**

Learn ways to be positive with self and others and practise basic communication skills.

Session 4

### **Taking Charge of My Life**

Discover the principles of personal freedom and responsibility and understand the elements of communication.

Session 5

### **Discovering Conversation Skills**

Define four styles of communication and apply these skills to a variety of situations relevant to participants.

Session 6

### **Putting It All Together**

Recognise and apply the skills needed for being assertive, reinforce strategies to maintain healthy self-esteem and review personal goals.

**All sessions facilitated by  
experienced professionals  
from**

**Interrelate Family Centres.**

**All sessions will be held at the  
'Old Courthouse Community  
Centre'**

**Farquhar St, WINGHAM**



**Sessions run from 10 — 1**

**Light refreshments provided**

**Bookings Essential: Call Manning  
Valley Neighbourhood Services on  
6553 5121**

**Web: [www.mvns.org.au](http://www.mvns.org.au)**