

# Say What You Mean & Mean What You Say

A COURSE FOR WOMEN



Struggling to speak up for yourself at times?

Do you say things that you don't mean and find it results in conflict?

Want to be able to speak up for yourself with clarity?

## WHAT'S THE COURSE ABOUT?

Say What You Mean and Mean What You Say is a course designed to equip women with knowledge and skills to be more assertive.

## WHAT CAN YOU EXPECT?

Through information sessions, practical exercises, group discussions and brainstorming we will explore:

- Communication styles
- The impact of negative thinking on what you are saying
- Assertiveness skills
- Understanding and managing emotions
- Dealing with conflict

Meet with other women facing similar issues in a welcoming environment and learn from each other.

## WHAT WILL YOU LEARN?

- The art of active listening and what blocks communication
- How to be assertive and to speak up for yourself with clarity
- Skills to challenge negative thoughts
- How to live in the 'now' by identifying emotions that keep us locked in the past or fearing the future
- How to approach conflict situations positively and with confidence

## WHAT PEOPLE ARE SAYING ABOUT THE COURSE

“I discovered skills and strategies to be able to speak up and be clear on what I want to say and not be misunderstood”

“I enjoyed the group environment and felt supported and learnt a lot from the facilitator”

“I now have the courage to speak up without fear”

“Great course, far better than my expectations when I decided to attend”

The course runs for eight weeks for two hours each week.

**COST: \$30**

If you are unable to pay for course fees please talk with our intake worker or the course facilitator.

The Family Centre is committed to providing equal access to all the courses we offer.

**CONTACT:**

**Bookings are essential**

For further information on any of our courses or workshops please call 9am–12.30pm, Monday to Friday (07) 5524 8711 or ask at reception.

For more information on the course program go to [www.thefamilycentre.org.au](http://www.thefamilycentre.org.au)

Child minding is available upon request.