

# Self Esteem for Women



Do you feel self conscious or anxious? Do you fear meeting people?  
Are you struggling to control feelings of worthlessness and negative self talk?  
Want to feel confident in your interactions with others?

## WHAT'S THE COURSE ABOUT?

Self Esteem For Women is a course that assists you to build self esteem providing the knowledge and skills to develop a healthy sense of self.

## WHAT CAN YOU EXPECT?

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

- The nature of self esteem and why it's important
- Our 'boundaries' in relationships and interactions
- How self talk impacts on self esteem
- The impact of our communication style on our self esteem

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

## WHAT WILL YOU LEARN?

- Skills to deal with negative self talk
- Communication and assertiveness skills
- How to say no without feeling guilty
- How to identify and set our boundaries and the connection to our self esteem
- Strategies to identify and face fears

## WHAT PEOPLE ARE SAYING ABOUT THE COURSE

"A great course where I felt safe and not judged"

"Although I was extremely apprehensive in attending, I was pleased that I persevered as I now have skills to build up my self esteem and feel better about myself"

"I was treated with respect and enjoyed the company of other participants and realised that others felt similar to how I do"

"Thank you and would recommend the course highly"

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

### **COST: \$**

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.