



Self Esteem

Mondays

Term 4

24th October—28th November

(6 weeks)

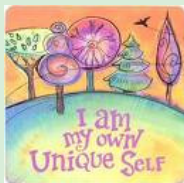
Time: 9.30am - 11.30am

Cost: \$20 or free for Members

Where: GWHS Group Room

Bookings essential 9490 2258

Presented by Joanne,
Professionally Qualified
Counsellor



Gosnells Women's Health Service

Suite 7, Level 1

Gosnells Community

Lotteries House

(entrance is opposite

Australia Post entrance)

2232c Albany Highway

(entrance off Dorothy St)

GOSNELLS WA 6110

P O Box 422

GOSNELLS WA 6990

info@gwhs.com.au



Do you feel unimportant, lack confidence, want to respect and accept yourself and be able to express your feelings? This course involves you getting to know more about yourself and developing a greater sense of self worth and self esteem.

Topics include: Expectations, Self-Confidence, Self-Talk, Self-Praising, Assertiveness, Communication, Problem Solving, Conflict Resolution and Goal Setting.



Self esteem is as necessary to the spirit as food is to the body.

Dr Maxwell Maltz