



Self Esteem

Mondays

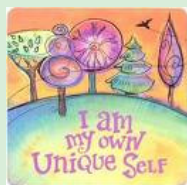
**6th February - 19th March 2012
(6 weeks)**

Time: 9.30am - 11.30am

**Cost: \$20 or free for Members
Bookings essential 9490 2258**

Where: GWHS Group Room

**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**

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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