

Free Live Webinar

The Power of Saying no at Christmas

9 December, 2021 @ 12.30pm (AWST)

Presented by Relationship Educators Gail Dunne and Katrina Peate



When: Tuesday 9 December, 12:30pm

The webinar runs for 45 minutes.

Scan the QR code to register.

Christmas time is a significant and challenging time for many of us, and it is usually a time when we need to make important choices. Saying no can be hard, especially at Christmas time, but it's a bold and necessary step for you and your family to enjoy a fulfilling festive season.

In this free lunchtime webinar, we will discuss the power of saying 'No' and give you strategies to help you focus on what is important to you, allowing you to uphold personal boundaries and enjoy a fulfilling festive period.

If you are unable to join us during the livestream at 12:30pm, please register and you will receive a link to the full recording.

