

Self Worth An Introduction

Do you... sometimes question your sense of self worth and personal value?

Are you... interested in gaining useful tips to help feel better about yourself?

If so... this 2 ½ hour workshop is for you!

We at Relationships Australia recognise that self worth is the key to good health, both physical and emotional. It helps strengthen relationships and promotes a consistently good emotional state in which people feel good about themselves

Discussed in this workshop

- What constitutes healthy self worth
- Factors that can increase and decrease self worth
- Links between self worth and the success of relationships and our work environment
- Strategies to increase and maintain healthy self worth

When: Tuesday 30th March 2021

Where: Bunbury Family Relationship Centre
Corner Molloy and Symmons Streets
Access from Symmons Street side of the building

Time: 9.30am-12pm

Fee: \$30pp



*It would be
great to
see you*

Places are limited. Bookings Essential.

Please contact (08) 6164 0566 or email Bunbury.Education@relationshipsaustralia.org.au to register today!

Relationships Australia.