

# Self-Worth

## Free to be me

A positive sense of self-worth is vital for good health and happiness.

This course gives participants a better understanding of themselves and others, while providing skills and strategies to enhance self-esteem.

This eight week course highlights:

- Definitions of self-worth and links between fear and self-worth
- Cycle and wheels of fear, their impacts and the need to reframe language
- How people see things differently and how to say 'No'
- Developing an assertive belief system and the declaration of freedoms and individual rights
- Listener and speaker skills
- Games people play and the Stroke Quotient Theory - how to ensure we survive criticism and/ or adverse interaction
- Using anger in a way that it empowers rather than destroys, and dealing with other people's anger

The course gives ample opportunity to practice new skills, take reasonable risks and set goals within a safe and trusting environment.

**Where:** WEST LEEDERVILLE - Level 1, 22 Southport Street

**When:** Thursday 11 18 25 February 4 11 18 25 March 1 April

**Time:** 6.30pm - 9.00pm

**Cost:** \$130 per person

**Bookings are required. Please phone 6164 0200 to enrol**

For more information about our courses and workshops, please click [here](#) or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)