

Self-Worth

An Introduction

Healthy self-worth is one of the keys to physical and emotional well-being. It is central to our motivation, and plays a big part in our capacity to make decisions and choices. With healthy self-worth we are more able participate in positive relationships with others and maintain a consistently good emotional state in which a person is better able to feel good about themselves.

We will discuss in this session:

- what constitutes positive self-worth
- factors that can increase and decrease self-worth
- links between self-worth and the success of relationships
- strategies to increase and maintain healthy self-worth.

When: Wednesday 16 March 2021

Time: 9.30am – 12 noon AWST

Cost: \$30 per person

Bookings are required. Please phone (08) 6164 0200 to enrol

Online sessions are interactive and have minimum requirements including:

- Computer/Laptop/Tablet with webcam and microphone
- Private space to attend
- Pre-registration and payment required prior to course

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