

# Self Worth – An Introduction

## Interactive Online via Zoom



Unlocking a strong sense of self-worth is key to living authentically and purposefully. This engaging 2.5-hour session invites you to explore what self-worth truly means and how your unique cultural, familial, and community experiences shape it.

Through reflective activities and shared discussions, you'll learn practical tools for building a healthy self-image and challenging limiting beliefs that may be holding you back. You will be introduced to the 'Transformation Triangle', a framework designed to help you understand and initiate meaningful change. Together, we'll explore how cultivating supportive relationships and communities can reinforce self-worth and resilience. Join us to take the first steps towards a more empowered you!

Some topics covered:

- Awareness of Self Worth and components which shape it
- Introduction to the transformation triangle
- Limiting beliefs
- Importance of supporting communities

**When:** Thursday 12 June 2025

**Time:** 6.15pm to 9pm

**Where:** Online via Zoom

**Cost:** \$30 per person, \$15 concession

Online sessions are interactive and have minimum requirements



For information about our courses and workshops please call 6164 0200 or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

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