

# 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.

Win this session we will discuss:

- what constitutes healthy 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.

**Where:** West Leederville – Level 1, 22 Southport Street

**When:** Wednesday 21 April 2021

**Time:** 6.30pm – 9pm

**Cost:** \$30 per person

**Bookings are required.**

**Please email [education@relationshipsaustralia.org.au](mailto:education@relationshipsaustralia.org.au) or phone 6164 0200 to enrol**

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