

Healthy Self Esteem

A one night workshop for men and women

Would you like to feel better about yourself? Self esteem is essential to good health, both physical and emotional. This seminar helps you understand what self esteem is and gives you the tools to develop a more positive self esteem.

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

During this one night workshop, you will learn:

- What self esteem is
- How life events, beliefs and thoughts can contribute to low self esteem
- About correlations between needs and self esteem
- Strategies to maintain healthy self esteem through change in attitude, language and behaviour.

Where: Relationships Australia
Lotteries House, Anzac Place, Mandurah

When: Wednesday 2 December, 6.30pm to 9pm

Fee: \$25 per person (\$12.50 for concession card holders)

Places are limited so book now on **9583 6090**



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