



ONE DAY WORKSHOP

SELF-ESTEEM WORKSHOP

Self-esteem describes a person's overall sense of their personal worth or value. In other words, it's how much you appreciate and like yourself regardless of the circumstances. Self-esteem impacts our decision-making process, our relationships, our emotional health, and our overall well-being. It also influences motivation, as people with a healthy, positive view of themselves understand their potential and feel inspired to take on new challenges.

Register today for our FREE ONE DAY workshop with Dr Iona Abrahamson.
Included is a Chi Gong and breathing session and lunch.

Topics covered include:

Managing self-talk, Adjusting your thoughts and beliefs,
Self-Acceptance, Celebrating differences, Speaking up for yourself,
Not worrying so much about rejection, failure or fitting in.

**Improving your self-esteem will build your confidence, improve
communication and strengthen all aspects of your life
- personal and professional.**

**Wednesday, 19 October 2022,
9 am-2.30 pm**

Proudly funded by



Delivered at the

Oxenford/Coomera Community & Youth Centre
25 Leo Graham Way, Oxenford
P: 5529 8087
E: office@youthcentre.org.au

Communities for Children is funded by the Australian Government Department of Social Services

BOOK ONLINE:

www.youthcentre.org.au/bookings