

Women's B.E.S.T Workshops

Building Emotional Success Together

Relationships Australia
QUEENSLAND



A **free** 5 week series of workshops for women who want to:

- **Build greater emotional balance**
- **Improve self-awareness and build respectful relationship skills**
- **Connect with other women in a safe, supportive and learning environment**

These workshops will explore:

- **Self-esteem and self-acceptance** - how our perceptions impact our self-esteem and explore ways to enhance our sense of self-worth at difficult times
- **Anger** – demystifying its role and how to manage our own anger
- **Respectful communication** - different communication styles, active listening and managing conflict
- **Boundaries** – how to establish personal boundaries to communicate your needs respectfully
- **Stress management** - how stress impacts our relationships and explore strategies to calm and soothe

Thursdays

for 5 weeks

10am-12.30 pm

11th Oct-8th of Nov

at

Relationships Australia

159 St Pauls Terrace
Spring Hill, Brisbane, QLD, 4000
(Corner of Warren St)

Bookings

Attendance is free. However, spaces are limited. Please book early to secure a spot.

To register call

1300 364 277

For more information visit

www.raq.org.au

*“Great to be in women’s company
and to learn to appreciate myself
more”*