

WOMEN'S B.E.S.T WORKSHOPS

Building emotional success together

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



Great to be in women's company and to learn to appreciate myself more



THESE WORKSHOPS WILL EXPLORE:

- Self-esteem and self-acceptance - how our perceptions impact our self-esteem and explore ways to enhance our sense of selfworth 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

WHEN

Thursdays, 1 Aug to 29 Aug, 2019
10.00am - 12.30pm
(5 consecutive weeks)

WHERE

Relationships Australia
159 St Pauls Terrace
Spring Hill, Brisbane, QLD, 4000

BOOK

Attendance is free, however spaces are limited, please book early to secure a spot.

REGISTER

Call 1300 364 277.
For more information, visit www.raq.org.au