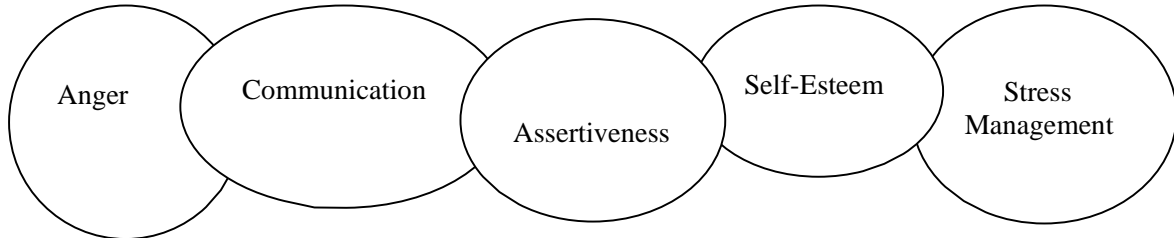


# WOMEN'S WORKSHOPS

Would you like to attend a free workshop for women on one or all of these topics?



We recommend that you attend all five workshops, because the topics are inter-related. However you are also welcome to come along to one or more that particularly interest you. They will be held at Relationships Australia, 159 St Paul's Terrace (corner of Warren Street) in Spring Hill.

An experienced adult educator makes these workshops interactive and fun so that you can share your ideas and experiences with other participants. Refreshments will be included, plus written materials to take home with you.

To book in for one or more of these free sessions for women (maximum 12 participants), please phone 1300 364 277.

## Enrolment Information

**PLACE:** Relationships Australia  
159 St Paul's Terrace, Spring Hill Qld 4001 (corner of Warren Street)

**DATES:** Thursdays in February – March 2012

2 February – Anger  
9 February – Communication  
16 February – Assertiveness  
23 February – Self-Esteem / Self-Acceptance  
1 March – Stress Management

**TIME:** 10 am – 1 pm for each workshop

**COST:** Free for women

***Book early! Only 12 participants!***

Please phone 1300 364 277  
or email [generalenquiries@relateqld.com.au](mailto:generalenquiries@relateqld.com.au)

[www.relationships.com.au](http://www.relationships.com.au)

*Relationships Australia*

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## What can I expect in these workshops?

These workshops will be facilitated by an experienced educator who creates a safe, supportive and stimulating environment, with respect for confidentiality and personal boundaries. The group will be limited to 12 women. There will be opportunity for you to share your ideas and experiences with other participants, as well as to practise your skills in these areas:

### **Anger**

Exploring your own feelings and needs beneath anger.  
Skills practice for expressing these feelings and needs and managing your own build-up of anger.

### **Communication**

Discussing your own experience of effective listening and speaking.  
Skills practice for listening actively, speaking openly, and managing conflict.

### **Assertiveness**

Considering what causes you to be aggressive or non-assertive at times.  
Skills practice for establishing your own personal boundaries and saying NO!

### **Self-Esteem and Self-Acceptance**

Identifying your own self-critical thoughts or anxious predictions.  
Skills practice for enhancing your own self-acceptance.

### **Stress Management**

Noticing what causes you stress and finding ways to calm and soothe yourself.  
Skills practice for reducing stress, with relaxation and mindfulness exercises.

## What have past participants said about these workshops?

“The sessions were very well done, with a fantastic facilitator and helpful notes and graphics.”

“Good to find that I’m not the only one with these feelings, and I realized more about my family’s feelings too.”

“A supportive space for learning, and some very thought-provoking ideas.”

“A chance to openly discuss issues concerning my daily life.”

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

*Relationships Australia*

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