

Confidence Building and Assertiveness

facilitated by

Hobart Women's Health Centre

This 4 week course is designed to improve your self-esteem, confidence and wellbeing

- Developing self awareness, self esteem and self confidence in fun creative ways.
- Exploring the difference between healthy/unhealthy relationships.
- Rediscovering and building on your strengths.
- Finding the balance of assertiveness.
- Using positive self talk to build self confidence.
- Saying "No" without feeling guilty.



When: Thursday Evenings 7th, 14th, 21st and 28th April

Time: 5.45pm for a 6pm start—8pm

**Where: Hobart Women's Health Centre
25 Lefroy Street, Nth Hobart.**

Cost: Gold coin donation



Bookings are essential. For bookings or more information contact:

**Ankarah or Julianne at Hobart Women's Health Centre on
6231 3212 or info@hwhc.com.au**