

Confident Man

One night seminar for men

Would you like to feel better about yourself and have a greater sense of self confidence? Positive self-esteem is essential to good physical and emotional health, as well as an important aspect of building strong relationships. This workshop helps you understand what self-esteem is and gives you tools to develop more self-confidence.

This workshop will explore:

- What self-esteem is and indicators of high and low self esteem
- How life events, beliefs and thoughts can contribute to low self esteem
- Strategies to maintain healthy self-esteem through changes in attitude, language and behaviour.

Where: Relationships Australia, Lotteries House, Anzac PI, Mandurah

When: Tuesday 27 June, 6.30pm to 9pm

Fee: \$30 per person (\$15 for concession card holders)

Places are limited so book now on 6164 0588