

Cowichan Family Life Association



Enhancing Personal Power & Self-Esteem Workshop Series

Spring 2008

Details

These workshops will be offered on:

Mondays, February 18, 2008 –
March 17, 2008
6:30 p.m. – 8:00 p.m.

Fee

The workshops can be taken as a series for \$60.00, or one at a time for \$15.00 each. (We offer a sliding scale when needed)

Registration

Please pre-register by calling Cowichan Family Life Association at (250) 748-8281 or drop by at 2C-2753 Charlotte Road (Schoolhouse Square) Duncan BC V9L 5J2. State the workshop or workshops you would like to attend and the date and time of the workshop.

Cowichan Family Life Association

2C-2753 Charlotte Road
Duncan BC V9L 5J2
Phone: 250-748-8281
Fax: 250-748-1651

Web Address:
www.cowichanfamilylife.org



Our new Personal Power and Self-Esteem series shows how to live more peacefully while being true to yourself and your feelings.

Self-Esteem: The consequences of low self-esteem can be devastating; it can create anxiety, stress, loneliness and an increased likelihood of depression. Worst of all negative consequences themselves reinforce the negative self-image and can take a person into a downward spiral of lower and lower self-esteem and increasingly non-productive or even self-destructive behaviours. You are not powerless to change your self-esteem. Gain the skills and knowledge that will put you on the path to higher self-esteem.

Monday, February 18th

Healthy Boundaries: Do you ever think that you are not acknowledged for all the good things you do for everyone else? Have you found yourself in the same kind of dysfunctional relationships over and over again? Do you find you can't say no or feel guilty taking time for yourself? Explore what boundaries are and how to set them.

Monday, February 25th

Asserting Yourself is being able to communicate what you really want to in a clear fashion, respecting your own rights and feelings and the rights and feelings of others. Come in and learn the difference between assertion and aggression and learn ways to speak up for yourself, which will help to maintain high self-esteem.

Monday, March 3rd

Conflict Resolution: Conflict usually arises when there is a perceived threat to a person's needs, interest or concerns. Conflict provides opportunities for growth through understanding and insight, but many people view conflict as a negative experience caused by abnormally difficult situations in which there are limited options and resources available. Learn about conflict styles and their consequences as well as ways to work with conflict so you can learn and grow.

Monday, March 10th

Communication Skills: Communicating with others is an essential skill in family affairs, romantic relationships and in business dealings. Do you often find yourself misunderstanding others? Do you have difficulty getting your point across clearly? When it comes to communication, what you say and what you don't say are equally important. This workshop will teach you fundamental communication skills that will help you get your point across and help others to understand you more clearly.

Monday, March 17th