



Women Self-Esteem and Communication

Self Esteem & Communication is an 8-session group for women who wish to develop their self-confidence, communication skills and conflict resolution abilities. This may be in relation to previous stresses or difficulties in their relationships.

Over the course of the group, participants will learn to better understand themselves and others, develop strategies to enhance their self-esteem and improve their communication skills.

Topics covered include:

- Building self-esteem and self-confidence
- Growing strength in body, heart, mind and spirit
- Developing clear verbal and non-verbal communication
- Problem-solving and dealing with conflict
- Caring for yourself.

NORTHERN SYDNEY REGION

Date and Time:	Thursday, 14 th October – 2 nd December 2021 from 6.00pm – 8.30pm
Delivery Mode:	Online
Cost:	Based on a sliding scale and household income
Information:	northrep@ransw.org.au or 1300 364 277