



➡➡ Moving Forward with Confidence ➡➡

Over 6 weeks, in a safe group setting, we will look at ways to support you to develop more confidence and trust to help you move towards what you really want in life.

In a safe group environment, using gentle fun exercises we will explore skills to help strengthen your self-confidence, reduce stress levels and improve your relationship with yourself and others in your life. Together, we will look at where you are at present in your life and the future you hope for.

Techniques such as drawing, visualisation, centring meditations, fun exercises and lots of useful tools you can apply in your life to help take charge of negative thoughts and feelings that create unhappiness and stop you from enjoying your life.

Be reassured everything that is spoken about in the workshop will be confidential and not discussed outside of the classroom to ensure you feel safe to open up about your life in the group.

Margaret Bailitis is a qualified Psychotherapist trained in Psychosynthesis Counselling and a Lecturer in Holistic Counselling with a Buddhist spiritual inquiry. Her background includes Community Health, Art Therapy, Psychodrama, Private Counselling Practice, teaching Counselling at a Diploma and Degree Level, and facilitating Personal & Spiritual Growth Workshops for over 29 years.



Topics covered include

Exploring lots of feelings both positive and negative and how they affect your behaviour and how you relate to the world.

Looking at the value of feelings and ways to help you handle overwhelming feelings that can sometimes lead to anxiety and depression.

Self esteem and building confidence. Identifying any negative self-defeating beliefs about yourself and your life and how you can change them.

Ways to strengthen a more positive view of yourself and the world.

Identifying good and bad stress and how it affects your life. Together, looking at the many ways you can help yourself to live a more relaxed and happier lifestyle.

Personal boundaries and how to move towards having your needs meet in a new and confident way. Looking at the way you relate to people in your life and starting to overcome negative behavioural patterns and explore ways to have healthier and happier relationships.

This course and the personal learning you will gain will move you towards a better life for yourself.



ENQUIRE NOW

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This training is subsidised by the NSW Government