

Self Esteem Course

Needing help with...

*How to Feel Good About
Yourself?*

*How to Deal Effectively
With Other People?*

*How to Make Positive
Changes in Your Life?*



The course will consist of participants from the Cardiff and Vale area who have chosen to attend and who all have a similar need to develop increased self-esteem. The course runs for 6 consecutive weeks, each session lasting 2.5 hours, (including a break in the middle).

The course has been designed and is facilitated by 2 NHS counsellors and will run at different times throughout the year.

Everything you do on the course is designed to teach you how to carry on helping yourself in the future. There will be plenty of useful handouts and the facilitators will ask you to complete tasks each week, designed to help you help yourself.

There will be a clear contract created by participants on the first day of the course. This will set out guidance for issues such as confidentiality and consideration and respect for others. The counsellors are both experienced professionals who realise the importance of people feeling safe, relaxed and supported.

The course will address:

- Communication skills and awareness
- Dealing with other people
- Taking care of yourself
- Making the changes you need to make
- Basic assertiveness technique
- Looking to the future - maintaining positive change.

Return your form and you will be contacted with details of the next course.

Name:

Address:

Date of Birth:

Home Tel: OK?

Mobile: OK?

(The counsellors will not telephone you without your permission)

Please complete this slip and return in the freepost envelope provided.

WE WILL CONTACT YOU WITH ALL THE DETAILS