

Self Awareness Training Course

***What a person believes depends on why they need to believe it!
The topics covered in this course are to help you understand yourself better.***

Why do this course?

Ever wondered why you think negative thoughts? Or why you find people and situations frustrate you and you often react in the same manner? Why some relationships go around in circles and end negatively?

Start Date: 5 th August 2010 Thursday 10.00am – 12.30pm	Topic: Personal Development and self awareness
Week 1 – 5 th August	Beliefs and feelings Why do I feel the way I do?
Week 2 – 12 th August	Beliefs and behaviour Why do I behave the way I do?
Week 3 – 19 th August	Boundaries. Whose problem is it anyway?
Week 4 – 26 th August	Healthy Boundary development What is a healthy boundary?
Week 5 - 2 nd September	Boundary and responsibility The professional victim.
Week 6 - 9 th September	Concerns with boundaries How to measure success with boundaries?
Week 7 - 16 th September	Putting it all together. Trauma Triangle, Winners Triangle, learning how to form positive relationships within your life.

Expected outcomes

An increased understanding of self and the way you relate to self and others. These insights lead to a greater measure of self mastery and personal functioning which can lead to higher levels of confidence, valuing self and capability in relationships.

Weekly Cost? \$10 for each session.

The work book and morning tea are provided.

Held at Men and Family Centre South Kaipara

To guarantee a place in the Course please phone: Andrew (09) 420 8263 or Greg (09) 424 4998 as there are limited places. Book Now!!