

Assertiveness and Communication Workshop



In celebration of International Women's Day 2010 Kogarah Community Services Inc will be hosting an Assertiveness & Communication Workshop for women, which aims to enhance the capacity of participants to respond in an assertive, confident & positive manner.

- The workshop will help you to
- ♥ develop your communication skills ♥
 - ♥ learn small easy to integrate changes that fit your style and improve your ability to express yourself & your rights in a respectful manner ♥
 - ♥ learn techniques for saying "no" ♥
 - ♥ feel better about yourself and increase your confidence ♥
 - ♥ feel more in control of your life ♥

When: Thursday 25th March 2010

Time: 10:00am – 2:00pm

Morning tea , Light Lunch & Course Materials provided

Where: Kogarah Girl Guides Hall

(Cnr Station & Robertson Streets Kogarah)

Cost: FREE

The workshop will be facilitated by Camille Valvo, an engaging & energized speaker who encourages, supports and inspires.

**For more information or bookings contact Danielle @
Kogarah Neighbourhood Centre ☎9587 6622**