

Being Your Best You



Photo credit: NALAG / Jen Cowley

Location – Coonamble Bowling Club (Aberford Street)
Date – 13th June, 2023

Ladies, join us for a fun and FREE day and discover ways to improve your health, peace of mind, effectiveness, and ability to cope around challenging situations and people.

At the end of the workshop participants will have a greater understanding of:

- The five elements of wellbeing and how to improve them.
- Our needs and how they shape our motivation, behaviour and communication.
- How we make sense of the world and why we all view things differently
- How to identify patterns of ineffective/dysfunctional communication and the roles people play that sabotage effective communication.
- How to move towards more effective patterns of communication including the language of rapport vs the language of alienation
- How to move from pessimistic to more optimistic thinking and the flow on benefits
- Where best to spend our energy
- Coming to your senses - Yoga, relaxation, and mindfulness
- How to eat chocolate...

Time: 9am – 3.30pm (Lunch and morning tea provided)

RSVP to: Kerrie Edwards (0417 216 617)– kaedwards@redcross.org.au)

RSVP by 1st June, 2023 (Bookings essential)

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