

Healthy Self-Esteem

Healthy self-esteem is the key to good health, both physical and emotional. It helps strengthen relationships and promotes a consistently good emotional state in which people feel good about themselves.

We will discuss in this session:

- what constitutes positive self-esteem
- factors that can increase and decrease self-esteem
- links between self-esteem and the success of relationships and our work environment
- strategies to increase and maintain healthy self-esteem.

Where: MIDLAND – 27 The Crescent

When: Tuesday 18 February

Time: 6.30pm – 9pm

Cost: \$30 per person

Bookings are required. Please phone 6164 0200 to enrol.

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au

Relationships Australia.