

# LIFE SKILLS WORKSHOP FOR WOMEN

*Wednesdays, April 21 to June 2, 7:30 pm to 9:00 pm*

This workshop explores women's issues through:

- group sharing
- cognitive learning
- exploration of feelings
- practicing new behavior.

Learning takes place through:

- role playing
- small group discussion
- individual exercises.

It is important to participate in all sessions, as each component of the workshop builds upon the previous weeks' learning.

## **Topics**

### **Positive & Negative Self-Esteem**

- Identify positive & negative self-esteem
- Examine self-concept
- Investigate potential & build self-esteem

### **Negative Messages**

- Develop awareness of negative messages
- Learn new techniques for changing the impact of negative messages
- Explore and support helpful messages

### **The Power of Positive & Negative Strokes**

- Explore concepts of positive & negative strokes
- Examine discounting
- Explore giving and receiving positive strokes

### **Guilt & Shame**

- Explore differences between guilt & shame
- Identify healthy & unhealthy shame
- Learn techniques for dealing with guilt & shame

### **Boundaries**

- Identify healthy & unhealthy boundaries
- Determine ways to set healthy boundaries

### **Developing Assertiveness**

- Define assertive behavior
- Examine the qualities that aid or block assertiveness
- Learn new techniques for developing assertiveness