

*“As you become more clear about who you really are, you’ll be better able to decide what is best for you.”*

Oprah Winfrey

**FOR MORE INFORMATION CONTACT:**

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Woman Wise is a service of the Christchurch Methodist Mission

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# WOMANWISE

A 6 WEEK COURSE FOR  
GROWING YOUR  
CONFIDENCE

**FREE COURSE**



Woman Wise is a free 6 week course for two hours a week that will help to grow your confidence by providing you with new ideas, fun times and experiences in a supportive and interactive group setting.

### IN THE 6 WEEKS WE WILL COVER:

- > Ways to enhance your sense of self-worth, self-esteem and self-confidence by learning more about yourself and about your physical, emotional, mental and spiritual health.
- > The difference between your thoughts and feelings and learn about acknowledging and accepting all your feelings.
- > Different ways to identify your thinking patterns and ways to change unhealthy thinking.
- > Ways to identify your passions, interests and strengths and learn to embrace these.
- > Ideas to support your self-care and pampering.
- > Ways to build stronger connections with yourself and others.
- > Ways to communicate more effectively, and to live the life you want.

### WHEN:

Term 4 2019

6 x Thursdays

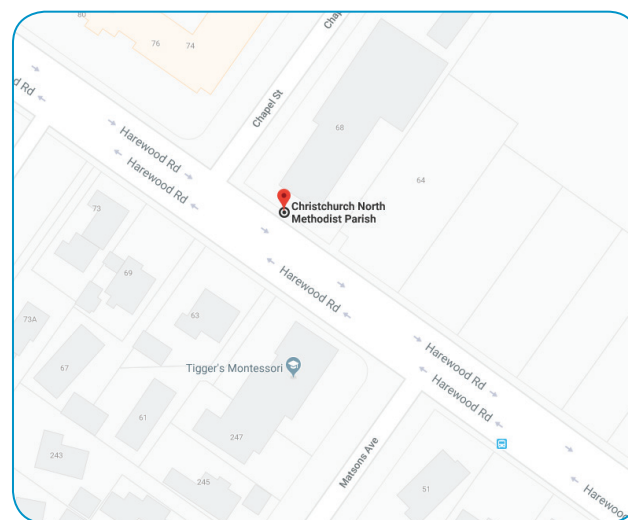
24th Oct – 5th December 10am-12pm  
(the last session will run a bit longer for a shared lunch)

### WHERE:

The Chapel Street Centre at the Christchurch North Methodist Parish

Corner of Chapel Street and Harewood Road, Papanui

Parking in the Chapel Street car park.



*“Confidence is the only key. I can't think of any better representation of beauty than someone who is unafraid to be herself.”*

Emma Stone