

WOMANWISE

A 6 WEEK COURSE FOR
GROWING YOUR
CONFIDENCE



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 2018

6 x Wednesdays

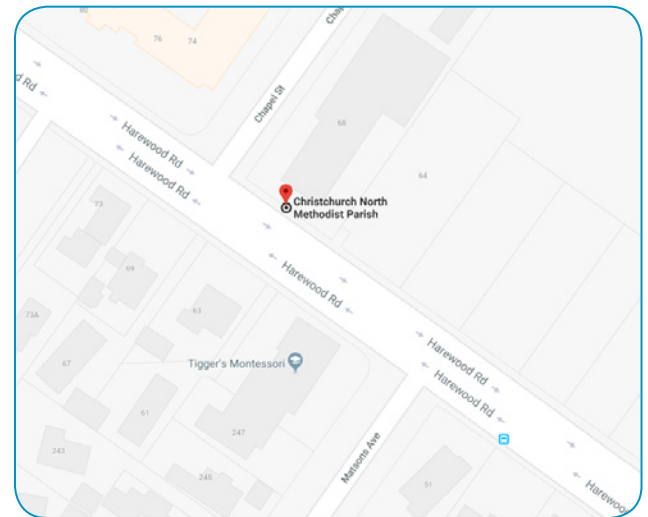
24th October – 28th November, 10am - 12pm
(the last session on the 28th will run a bit longer for a shared lunch)

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

“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

www.mmsi.org.nz



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