

Positive Change: Self Empowerment

With Anna Keyter

Workshop Outline for C.B.T based workshop

Day 1

Introduction and ice breaker

How our THOUGHTS affect the stories we tell ourselves

- Cognitive distortions
- Flexible / Inflexible thoughts
- Changing the stories we tell ourselves
- Decreasing thoughts that make us feel bad
- Functional analysis
- Relaxation exercises

How our RELATIONSHIPS affect the stories we tell ourselves

- Establishing and maintaining healthy relationships
- Social support networks (Te Whare Tapa Wha)
- Communication

Day 2

How our ACTIVITIES affect the stories we tell ourselves

- Activity Schedule
- Personal Contract
- Focusing on Values
- Setting Goals (SMART)
- Objective and Subjective world views



Closing and feedback

- Where to from here
- General recommendations
- Feedback to and from group members



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