

Positive Change: Self Empowerment

With Anna Keyter

Workshop Outline

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



Auckland
**Women's
Centre**

Sat 4 Apr - Sun 5 Apr, 2020
10.00am - 3.30pm
Auckland Women's Centre
4 Warnock Street, Grey Lynn
www.awc.org.nz