

Positive Change: Self Empowerment

Anna Keyter

Uses a mix of group discussion, videos, mindfulness
and stress reduction techniques

Session One: What we tell ourselves

- Practical techniques on changing stories
- Drawing on support systems

Session Two : The Heroine inside

- Goals and strengths
- Vision boards and how to reach your inner heroine

Session Three: Thoughts affecting physiological reactions

- Beliefs systems and the impact of self-talk
- CBT Techniques - relaxation, mindfulness and stress reduction

Session Four: Challenging our inner dialogue

- Record, Rationalize and Replace stories that are not useful

Session Five: Focusing on Strengths

- Strengths , weaknesses, opportunities and threats
- Turning problems into opportunities

Session Six: Where to from here?

- Greatest achievements
- Happiness or meaning?



Day: Tuesday

Dates: 7 August - 11 September

Time: 7.00pm - 9.00pm

Location: Auckland Women's Centre

4 Warnock Street, Grey Lynn