

The Key to Confidence & Self-Worth

THE CYCLE OF NEGATIVE SELF-TALK AND SELF-DOUBT

Have you ever thought to yourself:

- ◆ “I’m not good at anything.”
- ◆ “There’s no point in trying; I’ll fail anyway.”
- ◆ “I’m not going out. They won’t like me; I’m not as good as them; I can’t connect.”

If this sounds like you, you’re not alone.

STOP THAT INNER CRITIC RUNNING THE SHOW

Just imagine what your life would look like if you could:

- ◆ Have the courage to try new things
- ◆ Ditch the fear of failure and being judged
- ◆ Ditch the compulsion to be perfect
- ◆ Connect and communicate your thoughts and feelings

UNLOCK AND BREAK THE CYCLE; SET NEW PATTERNS

With our work together, you will move beyond negative cycles to:

- ◆ Have a deep awareness of your self-worth, which will impact every aspect of your life
- ◆ Step out with confidence
- ◆ Have tools for life, and endless possibilities
- ◆ Feel happy in the ‘skin you’re in’!

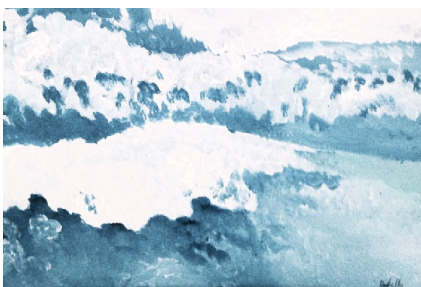
So, What exactly *is* self-worth, and how do I know I don’t have it? More so, does it really actually matter?

Self-worth refers to your overall sense of personal value. If you have it, you are able to acknowledge and take due pride in your strengths, and generally accept your weaknesses without beating yourself up. You are able to like yourself for who you are and feel confident to step out into the world on *your* terms.

We all need esteem from others as well as inner self-respect to be able to grow as a person, fulfil our potential and be all that we can be. The truth is that everyone has immense strengths within them. It is a natural and important aspect of life to embrace and take advantage of these strengths, interests and passions. We also have parts of us less strong. We have the ability to learn to accept or to challenge these parts so that they don’t hold us back. It is by working through the challenging aspects of ourselves that we come to experience huge personal growth and empowerment.

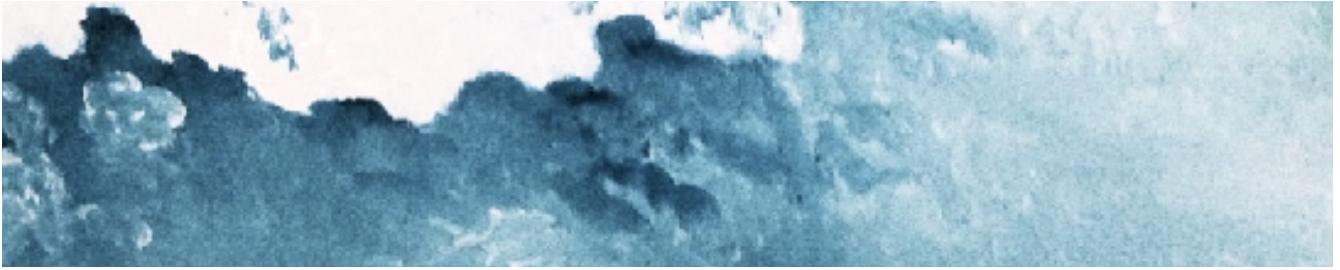
Low self-worth can have an immense effect on a person’s life. With the million-and-one pressures facing people today - cultural, social, educational, and personal identity aspects, it is increasingly important to confront and change these thought patterns in order to achieve our best potential and be truly happy.

This is exactly what this course is designed for, and what you will achieve.



This course is the *key* to help you unlock and break cycles of negative self-talk and to set new patterns for sustained self-worth and confidence.





Course Content:

This unique course is designed to help you unlock and break unhelpful cycles of negative thought. By tackling and working through these at a deep level, new patterns can be established that will support you to develop confidence, healthy self-esteem and self-worth.

The course contains 9 modules designed to be worked through in sequence over 10 weeks. Each module contains information, worksheets and exercises or activities.

Course Facilitator: Michelle Hookham

Michelle is a mental health practitioner and homeopath with experience spanning 20 years. She loves to help people connect with the underlying cause of what is wrong and to find their way back to dynamic health - mental, physical and emotional. A mother of 4 young adults, she has first-hand experience of the complex issues facing teenagers and young adults today. Michelle has a reputation for supporting young people and adults in crisis.

Dates:

One to One courses can commence any time. Please contact Michelle to enquire and book.

Group sessions are available for adults on request, with a maximum of 6 participants in a group.

Location:

Old Hawkesbury Hospital

6 Christie St, Windsor, NSW 2756

Phone: 02 4577 4435

Website: health@michellehookham.com.au

Cost:

GROUP	1:1
\$500 per participant in group sessions	\$850 if payed upfront or \$1000 if payed in 2 part payment plan

