

# Healthy Women

This positive, fun and interactive workshop supports, motivates and empowers participants with valuable experiences, skill building exercises, tools and applicable information. Participants learn more about themselves and others, while developing, setting, and implementing healthy attitudes, goals, relationships and lifestyle plans.

## Topics include:

- ~ Discover your own unique personality type.
- ~ Wellness - What is it and why is it important.
- ~ Effective Communication - Examining different styles.
- ~ Self esteem - What is it, where did it come from, why do some have more of it?
- ~ Time Management - Yes, you have some control over it.
- ~ Problem Solving & Decision Making - Developing these effective skills.
- ~ Goal Setting - Learning how to set achievable goals.
- ~ Healthy Relationships - Identify a healthy relationship and the different types of relationships we have, what is appropriate for these relationships.



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