



## Self-Esteem Workshop

Do you want to feel better about yourself?

Have you ever longed to 'stand-up' for yourself?

Have you ever wanted to let go of the fear, anguish and guilt that follows a time when you have tried to establish boundaries?

Have you ever just wanted to 'like' yourself, for who you truly are?

Welcome to the Kumara Self-esteem workshop.

Facilitated by Liz, this is sure to be a workshop that will be transformational



**When:** Saturday 5th June

**Time:** 11.30am - 3.30pm

**Cost:** \$99

**Where:** Kumara Heathridge

Unit 1, 99 Caridean Street, Heathridge, WA 6027

As course details can sometimes vary - please refer to  
Timetable for Date, Time and Cost

For full information call Kumara:

**9307-3500**

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