

## Women's On-Going Group: A Sense Of Self-Worth

Personal development On-going group | Course leader Gill Doust



Our sense of self-worth is crucial to our well-being. Contact with others, the level of satisfaction we experience in our lives and how we realise our hopes and dreams are all affected by the way we value ourselves.

Our self-worth requires conscious and continuous maintenance. An on-going women's group is an ideal place to give and receive the contact, support and honesty that nurtures us.

Each group is influenced by the passions and issues that individual members bring. If you have not worked with Gill before, she would like to meet you before joining a group.

### Date information

Both groups meet every two weeks

Group I  
Tuesday evening

Group II  
Wednesday evening

Both groups also meet one day during a weekend each term.

### How to enquire

For further information on this group, please enquire online or contact Gill through the Spectrum office.

