

## DEVELOPING CONFIDENCE,

## SELF WORTH &

## ASSERTIVENESS

### Gold Coast Seminar

Training Room

## Health Ed Professionals

Unit 12, 10 Enterprise Street  
Molendinar 4214 (Gold Coast)

**Saturday 8<sup>th</sup> July 2017**

Suitable for nurses, teachers, all other professionals, or those with a desire to improve the ways they manage their life. An enjoyable non-threatening seminar, designed to increase your confidence.

### Presented by

**Anne Evans-Murray**

### Register now:

- By completing the attached registration form and posting or faxing to the address shown on the form.
- Online at [www.healtheducation.com.au](http://www.healtheducation.com.au)

### Already been to this event?

Please give this brochure to an interested colleague, or place it in the staff room at your workplace for others who will benefit by attending this outstanding event.

The registration fee is \$190.00 (Incl. GST)

The registration fee covers:

- Seminar attendance
- Seminar notes
- Arrival coffee or tea
- Morning tea
- Light lunch
- Afternoon tea
- Certificate of attendance issued.
- May be tax deductible.

## PROGRAM

8.30 – 9.00	Registrations & arrival coffee or tea
9.00 – 10.30	Examine ways in which to improve personal confidence as well as how to develop healthy self esteem. How to survive in the workplace without developing burnout or anxiety. Examine the games that people play. Having knowledge of the games others play allows you to have power and increases your confidence with dealing with bullying tactics and intimidation.
10.30 – 11.00	MORNING TEA
11.00 – 12.30	Learn about the difference in being successful, versus unsuccessful. Learn how to cope with criticism and how to not let others' reactions affect your own self worth. Learn how to say NO without feeling guilty.
12.30 – 1.15	LUNCH
1.15 – 3.15	Learn how to be more confident at work and in your own relationships at home. Be empowered by learning about assertiveness & the blocks that hinder assertiveness.
3.15 – 3.30	AFTERNOON TEA
3.30 – 4.15	Personality profile just means looking at the patterns on how we react, understanding ourselves, giving ourselves power. Have fun working out your own personality type & that of others.
4..15	Close of seminar

### Cancellation Policy:

We reserve the right to cancel an event up to 14 days prior to the event if registration numbers are insufficient to make the event financially viable. In the unlikely event this happens a full refund will be made to registrants.

Cancellations by registrants 30 days prior to events will receive a refund less 15% administrative costs.

Cancellations less than 30 days but more than 14 days will receive a 50% refund.

Cancellations less than 14 days of event; no refunds.

All efforts will be made to ensure that the advertised speakers present at our events or a speaker of similar standard is substituted if they are unavailable on the day because of un foreseeable circumstances.

# The Seminar Presenter

## Anne Evans-Murray

MRCNA, R.N., B. Health Sc.,  
Grad. Dip. Ed., Masters of Education,  
Credentialed Critical Care Nurse  
Diploma of Professional Counselling,  
Diploma of Advanced Psychotherapy.  
Certificate IV Training & Assessment

Anne has a passion for teaching which she does in a unpretentious way that ensures you will not only understand and retain what she presents, but will enjoy this learning experience.

Anne is a licensed counsellor in Australia and has her own private practice on the Gold Coast.

She has extensive experience with over 26 years lecturing for Gold Coast Health District and Griffith University. She is currently a Guest Lecturer for the medical students at Bond University on the Gold Coast.

Anne is a frequent presenter at workshops, seminars & conferences throughout Australia and New Zealand on subjects such as high dependency nursing, cardiac arrhythmias, self-development and leadership seminars.

In the last 9 years she has presented various subjects to appreciative audiences throughout Australia & New Zealand.

Anne has a commitment and passion to empower people through increased knowledge, development of confidence, awareness of their self-worth and use of assertiveness skills. She has an interest in the issues surrounding workplace bullying and burnout which results in personal distress and a loss of staff to nursing and other professions.

***"The only person we can change is ourselves"***

Some comments from recent 'Confidence and Communication' seminars:

☺ "I wasn't sure about going to this seminar as it was on self esteem, but I thoroughly enjoyed it, and want more of this stuff, I now know how to deal with criticism from others"

☺ "I can't wait to put some of these concepts in place, and want to practice the simple strategies we learnt today"

☺ "I really enjoyed hearing about self esteem issues and how they affect lack of confidence"

☺ "Wish I had learnt this stuff years ago"

## Registration Form

Name: \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode. \_\_\_\_\_

Phone No \_\_\_\_\_

Email: \_\_\_\_\_

### Saturday 8th July 2017

The registration fee is \$190.00 (Incl. GST)

Please indicate your method of payment:

Cheque or Money Order attached.

Credit Card (We accept Visa, MasterCard, Amex)

Bank deposit BSB 064 450 A/c 1045 0656

Complete this form and post it to:

**Health Ed Professionals Pty Ltd**

**P O Box 746**

**Ashmore City 4214**

or fax it to: 07 55631270

ABN 52 163 126 261

CREDIT CARD DETAILS: (Please tick)

Visa  MasterCard  AMEX

16 digits Card Number:

\_\_\_\_\_

4 digits Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

Name as it appears on the card:

\_\_\_\_\_

Amount to be charged: \$ \_\_\_\_\_

Signature: \_\_\_\_\_