

## **SELF-DEVELOPMENT WORKSHOPS @ THE CLAPHAM NORTH ART CENTRE**

**Next Period: 13<sup>th</sup> November - 16<sup>th</sup> December 2006**

**DAYS/EVENINGS/WEEKENDS ATTENDANCE**

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**Psychological Solutions are proud to present a series of 'light-hearted' community workshops designed to enhance your ability to better manage your emotions and enhance your interpersonal skills.**

**These workshops are offered as either a 2 - 3 hour intensive programme or as 1½ hour sessions spread over 3 - 6 weeks**

### **TOPICS COVERED IN WORKSHOPS:**

**Managing Anxiety (01)**

**Get Rid of those Negative Thoughts (02)**

**Building your Self-Esteem (03)**

**Building your Inner Resourcefulness (04)**

**Confidence Building and Assertiveness Skills (05)**

**How to Deal with Difficult People (06)**

**The Indecisive Me (07)**

**Preparing and Managing Loss and Change (08)**

**Dealing with conflict, Confrontation and Disputes (09)**

**Me, Myself and I (10)**

**Confidence to work (11)**

**Getting the Work/Life Balance Right (12)**

**'Good-Enough' Parenting (13)**

**Relationships-Formation, Maintenance & Dissolution (14)**

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**For more information about either of the workshop areas listed above, please contact us on (020) 7720 5754 or register your request for further information via our website at [www.psychologicalsolutions.co.uk](http://www.psychologicalsolutions.co.uk)**

**Venue:** Psychological Solutions, Unit 3C, the Clapham North Art Centre, 26-32 Voltaire Road, LONDON SW4 6DH