

Living Your Authentic Life – a weekly personal growth group for women in Whakatu/Nelson



With Ali Watersong

Discover ways to live your life with more authenticity and spontaneity. Build your capacity and develop your ability to respond effectively to old situations or new challenges. In this weekly course you will

- Gain deeper self-awareness and understand yourself better by learning what motivates your behaviour.
- Empower yourself and discover new ways to act in the here-and-now.
- Overcome the obstacles and challenges to living your life with freedom, vitality and authenticity.

We will use psychodrama to explore themes relevant to you and the group. Psychodrama is an enlivening action group method where you can gain new perspectives and insights by setting out scenes from your life using things and other people. It will assist you to develop your spontaneity and creativity in all areas of your life.

No acting experience is required.

When: 6 x Thursday mornings: October 19th, 26th, November 2nd, 16th, 23rd, 30th
10.00am – 12.30pm **NOTE:** No session on November 9th

Where: The Nelson Women's Centre, 44 Trafalgar St, Whakatu/Nelson

Cost: \$72.00 - \$90.00 (can be paid weekly) **Enrolments:** 03 546 7986

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