

# WOMEN'S ONE DAY WORKSHOP

## Relationships are tricky. Especially at Christmas!

### *Worried about difficult people? Want to deepen good relationships?*

Join us for a fun day of learning, interacting, and rejuvenating. "Health check" your relationships and prepare for the relationship challenges and summer festivities ahead.



**Date: Saturday Nov 16, 2013**

**Time: 9.00am to 4.00pm**

Venue: Peregian Community House  
255 David Low Way, Peregian Beach 4573

**Cost: \$120.00**

Morning and afternoon tea provided

Book before 19<sup>th</sup> October and pay only \$95

**Bookings essential:** call Pamela **0416 003 026**  
or email [alanda.thompson@gmail.com](mailto:alanda.thompson@gmail.com)

### You will learn how to:

- ❖ Recognise when a relationship is "unhealthy" and take steps to detach in constructive ways
- ❖ Speak up with confidence - without being aggressive or creating conflict
- ❖ Stop over-pleasing, second guessing, or avoiding issues that need resolving
- ❖ Use communication skills that will diffuse tension, even in difficult situations
- ❖ Use practical techniques and skills for hassle free relationships: skills that are yours for life!

### Your facilitators for the day:



*Pamela Pannifex is a Psychotherapist and Naturopath with over twenty years experience in private practice. She is an experienced presenter who is passionate about equipping people with the tools they need to create healthy relationships that thrive.*  
[www.pamelapannifex.com.au](http://www.pamelapannifex.com.au)



*Dr Alanda Thompson is Clinical Psychologist with many years of experience in hospitals, universities and her own private practice. Her passion for the area of interpersonal relationships is reinforced daily as she sees up close and firsthand the joys and the difficulties that those around us bring to our lives.*  
[www.sunshinepsychology.com.au](http://www.sunshinepsychology.com.au)