



THE
HOBART
CLINIC

Excellence in Mental Health

Communicating confidently

This 6 week course will focus on improving communication skills to increase confidence when interacting in a range of relationships. One of the greatest sources of stress can be our exchanges with others. Learning to assert yourself when it is important can be one of the most useful skills for improving wellbeing.

Program provides:

- An understanding of different communication styles and their impact.
- Practise in assertiveness and conflict resolution skills
- An increase in feelings of confidence and empowerment when dealing with difficult interactions
- Improved self-esteem and wellbeing

Program details:

Where: City Clinic, Level 1/175
Collins Street, Hobart

When: Tuesday 21st September
10.00 – 1.00pm

How much does it cost?

Costs are usually covered by your private health fund. In some circumstances you may incur an out-of-pocket expense. Administration staff can review your private health arrangement and inform you if this is the case.

How to join:

If you are interested in attending, please discuss this with your treating doctor who can provide a referral. More information can be provided by the MindHub staff.

**For registration and further information contact call 6247 9960 or info@thehobartclinic.com.au
GP referral and private health insurance is required.**

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