

MIND HUB

COURSES & PROGRAMS

COMMUNICATING CONFIDENTLY

Mind Hub City

This 8 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
- Practice 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:

- Location: City Clinic, Level 1/175 Collins St, Hobart
- Commencing: Monday 17th September – 5th November 2018
- Time 9.30am – 12.30pm

Facilitator

Hannah Smith - *Clinical Psychologist*

How to join:

If you're interested in attending, you will need to discuss this with your treating doctor who can provide a referral. More information can be provided by the program staff.

How much does it cost?

Costs are usually covered by your private mental 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.

For registration and further information please call 6247 9960 or email: info@thehobartclinic.com.au

GP referral and private health insurance is required.

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