

Centre for Continuing Education

Boosting confidence / self-esteem and standing up for yourself

Kevin Norton

We feel and communicate much better, and can achieve much more, after building high self-esteem and confidence. Then it is much easier to stand up for ourselves. On this course, learn the strategies to achieve high self esteem and confidence, thereby creating control in our lives and achieving better results for ourselves.

Please bring refreshments for the day.



Kevin Norton has studied psychology on several occasions, possesses a counselling qualification and is now studying Career Counselling and Assessment. Kevin is a qualified teacher, trainer and public speaker.

DATES/TIMES: 6-8pm on 2 Thursdays, 8 & 15 March

FEE: \$105 *no discount*

COURSE LOCATION: The venue for this course can be found on your tax invoice/receipt enclosed under "Course Information". Please allow enough time to locate your course venue on the day.

"The views expressed in this course/activity are those of the presenter and do not necessarily represent the views of The Australian National University"

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