



Waihi Community Resource Centre Presents:

4 Free Workshops



# Life Skills Series

With Jemma McLoughlin  
of Headway Life Coaching

At Waihi Community Resource Centre:

**Monday 10th February 1.30 – 3.00pm: Self Confidence/Assertiveness:**  
*Increase your self confidence and achieve greater happiness and fulfilment.*

**Monday 17th February 1.30 – 3.00pm: Dealing With Change/ Stress Management:** *Techniques to help you handle whatever life throws at you.*

**Monday 24th February 1.30 – 3.00pm: Weight loss and Well-being:**  
*Learn how you can help yourself to achieve your ideal weight and better health.*

**Monday 3rd March 1.30 – 3.00pm: Goal Setting and Life Planning:**  
*Work out what it is you want, AND how to get it. Understand your needs, values and strengths and achieve fulfilment.*

**Attend all 4, or pick and mix – it's up to you!**



'We can't control what life throws at us but we can control how we deal with it. My aim is to enable you to have the tools and insight to improve your life and your happiness. Reaching goals and achieving the life you want is not down to 'being lucky' but more a matter of discipline, commitment and taking action!'

Life coaching gives you the opportunity to have "some quality time with yourself." During our time together you can examine your life as it is now and your life as you want it to be in the future and work on a way to bridge the gap.'

The workshops are free, but spaces are limited, so please contact Lauren at Waihi Community Resource Centre to register, or for more information. 07 863 7555.