



# EMPOWERMENT CIRCLE

*"Together is how we overcome. Together is how we heal. Never underestimate the value of community."*

**During our free weekly Empowerment Circle workshops we will be covering a different topic each week, including:**

- Goal setting - personal & financial
- Kindness to self and others
- Forgiveness
- Self compassion
- Resilience skills
- Stress management
- The practice of deep breathing
- Vision boarding
- Personal grooming
- Time management
- Organisational skills
- Meditation



Michelle Nolan holds a Bachelor of Counselling and has over 10 years case management experience working with individuals, families and youth in a variety of capacities including mentoring, coaching and counselling.

**Join us each Wednesday at 9.30am**

*Each workshop runs for 90 minutes.*

Located at Got Your Back Sista Village HQ - 15 Elizabeth Street, Tighes Hill

**To register please contact the Got Your Back Sista team on 4989 2777 or [info@gybs.com.au](mailto:info@gybs.com.au)**

