



# The Domestic Abuse Shelter, Inc.



## Life Skills for Women Seminar Series

*Please join us for a great opportunity to expand your mind, independence, and life resources!*

**The seminars, lunch, and child care are free!**

**12:00pm-1:30pm each date**

**Held at The Key Largo Holiday Inn, MM 100**

Please RSVP for lunch and child care or call for more info at: 305-451-5666

- Nov 8<sup>th</sup>** *Importance of Assertive Behavior in the Role of Positive Mental Health.* - covers defining and recognizing assertiveness, assertiveness and aggressive behavior differences, and how to achieve assertiveness.
- Nov. 15<sup>th</sup>** *Unleashing the Leader in You!* - covers defining and preparing for leadership, developing the skills, assesses leadership in regards to attitude, problem solving, identification and overcoming obstacles and prejudices.
- Dec. 6<sup>th</sup>** *Got Self-Esteem?* - covers increasing self-awareness, change behavior which leads to negative self-esteem, and solutions to overcome self-defeating thought processes.
- Dec. 13<sup>th</sup>** *Getting off the Treadmill, Just say no to the Superwoman Syndrome.* - goal is to enhance women's self-awareness and to understand the reasons for the Superwoman Syndrome by self-reflection, stress and behavior inventory, and guidelines for re-creating a new, healthier life without the constraints and compulsivity of being all things to all people.
- Jan. 3<sup>rd</sup>** *Parent Like a Star!* - clarifying family design and developing a plan to raise responsible children, while learning skills for exceptional parenting.
- Jan 10<sup>th</sup> & 11<sup>th</sup>** *Financial Literacy Series Part I & II.* - covers the importance of creating a budget, understanding your credit score and how it impacts your financial position, and Individual Develop Accounts.



*Support for this Life Skills for Women Seminar Series was provided by a grant from the Ocean Reef Foundation.*