

The *M.I.S.S.* Workshop for Women



*Motivating, Inspiring and building
Self-Esteem to Secure Employment*

Are you?



Feeling sad, lonely or isolated?
Feeling frustrated with not being able to find work or with life in general?
Having problems you don't know how to address?
Depressed or anxious?
Feeling like you have limited social outlets and having difficulties making friends?

Then M.I.S.S. Workshop is for YOU!

This is a free 8 week workshop which is aimed at encouraging women to build self esteem and motivation by identifying personal qualities and skills.

It is held once a week for 2 hours in small groups giving you the opportunity to participate comfortably.

This approach provides a casual and supportive environment.

You will ultimately be assisting yourself to identify skills, set goals and feeling good about yourself.



"It was a nice change to feel special and empowered"

"I have gained understanding that I'm not the only person going through hardship and learnt how to tackle difficult issues"

"I have made new social contacts"

"The workshop helped me prepare to get back into the workforce."

Your next MISS workshop will be held:

Date: _____ Time: _____

Location: _____

Please see your Pathway Coach to reserve your place in the workshop.