

Program by



YWCA

HUNTER REGION INC

Self Defence *Empowerment* Workshop

ONLY
20
SPOTS
AVAILABLE



Saturday, 6 September | 10am - 12pm

A 2-hour Empowerment Workshop in self-defence, confidence and strength! *Participants will learn to:*

- Build confidence and assertiveness in various situations
- Trust and apply their intuition to enhance personal safety
- Project their voice with strength and clarity
- Apply practical self-defence skills, including effective distance management

WHERE YWCA Hunter 24 Dawson St, Cooks Hill

Secure your spot: www.ywcahunterregion.org.au/self-defence