

STANDING TALL - REGAINING CONFIDENCE, SMILING, AND LAUGHING AGAIN

If you are currently living with or have experienced domestic and/or family violence in your life, we invite you to enrol in our program Standing T.A.L.L.

Standing T.A.L.L. intends to provide women with the confidence to stand up to family and domestic violence and seek to give women who have escaped abuse, the ability to regain a strong and enduring foothold in the workforce.

This group is facilitated by experienced counsellors and facilitators: All participants receive Relationships Matter's newly released daily planner, stickers and a vision board.

OUR PROGRAM: CHANGE THE NARRATIVE ONE WOMAN SURVIVOR AT A TIME



Course Duration: 6 Weeks
Facilitated LIVE virtually, 2 hours a week

Course Overview

If you are currently living with or have experienced domestic and/or family violence in your life, we invite you to enrol in our program, Standing T.A.L.L (Transforming, Achieving, Learning, and Laughing). This 6-week program is designed to empower and support women affected by domestic violence. Our goal is to help participants regain their confidence, find their smiles, and discover the joy of laughter once more.

The program is facilitated by experienced counsellors and facilitators who specialise in domestic violence support and empowerment.

February 12th and 13th 2024 | \$499.00 + GST

Relationships Matter™
BECAUSE THE BEST THINGS IN LIFE AREN'T THINGS...

STANDING
T.A.L.L.
TAKING ACTION LIVING LIFE



Course Objectives

- Provide a safe and supportive space for women impacted by domestic violence.
- Help participants rebuild their self-confidence and self-esteem.
- Equip women who have escaped abuse with the skills and knowledge to regain their footing in the workforce.
- Foster a sense of community and connection among program participants.
- Develop strategies for resilience, healing, and personal growth.

Course Structure

Week 1: Transforming Your Story

- Introduction to the program and facilitator
- Sharing experiences and building trust
- Identifying and understanding the impact of domestic violence
- Setting personal goals for transformation

Week 2: Achieving Self-Confidence

- Exploring self-esteem and self-worth
- Building a positive self-image
- Effective communication and assertiveness skills
- Self-care and well-being

Week 3: Learning to Stand Tall

- Recognising red flags and healthy relationships
- Building healthy boundaries
- Legal rights and resources for survivors
- Developing financial literacy and independence

Week 4: Laughing and Healing

- Strategies for emotional healing
- Art therapy and self-expression
- Mindfulness and stress management
- Guest speaker: A survivor's success story

Week 5: Finding Your Passion

- Exploring interests and skills
- Goal setting and career planning
- Resume building and job search strategies
- Interview preparation and confidence-building exercises

Week 6: Celebrating Your Journey

- Reflecting on personal growth and achievements
- Graduation ceremony and certificate presentation
- Creating a vision for the future
- Building a support network for ongoing empowerment

COURSE MATERIALS:

- Course workbook and journal
- Relationships Matter's goal setting kit: daily planner, stickers and vision board
- Handouts, resources, and recommended reading

- **Note: Standing T.A.L.L. is committed to maintaining a safe and confidential environment for all participants. This program is designed to empower and inspire women who have faced domestic violence, providing them with the tools and support needed to regain control of their lives and stand tall once again.**

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➤ Enquire Today: denise@coachingcollege.com.au