

# Many pluses to positive thinking

## NUMBERS NEEDED TO KEEP COURSE

Lauren Peden

A HEATHRIDGE course helping women increase their self-esteem and confidence is looking to boost its numbers when it begins again on Friday.

Project officer Tracey Sanzone, who runs the eight-week workshop at The Spiers Centre, said the vital service would continue if they could attract people to the Positive Thinking course.

Mrs Sanzone said it was targeted at women needing a support base to be able to make positive changes in their lives.

"My passion is empowering women so they can believe in themselves and that they don't have to be suppressed and feel stuck all their lives," she said.

"I see people change their lives all the time but there's a lot of women that still see no way out."

She said they'd had participants aged 21-84 attend the course, which had been running for four years.

"Older ladies have come in and said they never thought they could

change their thinking and that kind of opened their mind to changing their values and seeing things from a different perspective," she said.

"It's also for women who want to get out in the workforce and feel good about themselves or who are immigrants and are new to Australia."

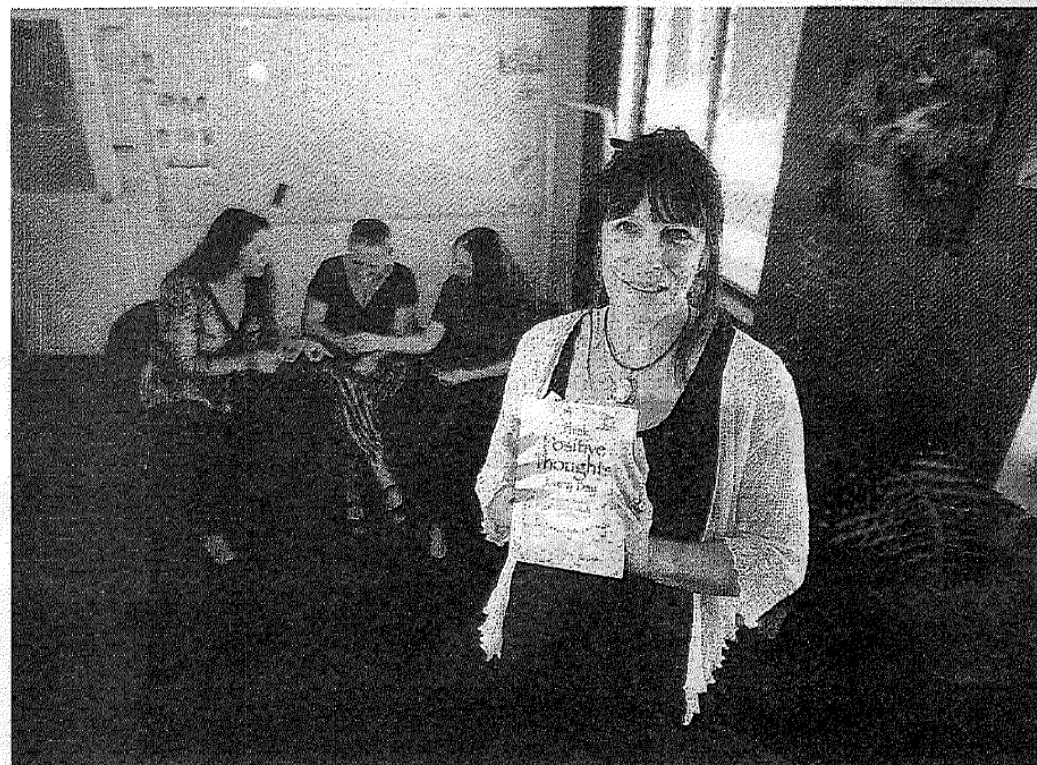
"When they come to the group and there are other women here, they feel like they're getting that support and they're not the only one; that's how they do build friendships as well."

To help them achieve their goals, Mrs Sanzone said they concentrated on assertiveness and self-esteem and created vision boards to create their futures.

"We look at the journey of their lives and what's happened that might have locked them a bit into their lives; how they keep repeating the same old patterns," she said.

"We develop our own affirmations and learn to meditate and relax."

For more, call 9401 2699 or 0403 827 060.



**Tracey Sanzone: It's such a great service it would be a shame if we don't get anyone and just have to stop it.** Picture: Emma Goodwin

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