

Online Courses

Term 1 • 2023

Course Schedule



Compassionate Listening for Reconnection

Our self-esteem and self-confidence grows when we are seen, heard and recognised. Learn the skills to become a compassionate listener and enhance your communication skills.

Tue 7 Feb | 10am - 12.30pm



Digital Creativity

Set your mind at ease and let your creativity flow while you explore online and digital art mediums to support your mental health.

Tue 7 Feb, Thur 9 & Tue 14 Feb | 6pm - 9pm



Value-Based Living: Uncovering Your Values, Purpose, and Success

Delve into your life story and personal values. Explore how purposefully living towards your values sets you up for greater success.

Tue 21 Feb, Thur 23 & Tue 28 Feb | 6pm - 9pm



Spreadsheet Success

Excel isn't just for the office, it's useful in your personal life too! Build your confidence and gain an understanding of one of the most used softwares in a supportive environment.

Tue 7 & 14 March | 6pm - 9pm
Thu 2 & 9 March

Who can participate?

Everyone over the age of 18 is welcome to attend.

How do I enrol?

Please enrol online:
warecoverycollege.org.au/courses

Where are the courses held?

These courses will be held online

What is the cost?

All courses are free

How can I find out more?

Call 1300 285 751

Email info@warecoverycollege.com.au



Scan QR code

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Minimise Your Wardrobe and Maximise Your Time

Want to spend less money and time on your wardrobe? This workshop will examine the benefits of minimising your wardrobe by introducing you to the KonMari Method and the capsule wardrobe.

Tue 7 Mar | 10am - 12.30pm



Harness Self-Compassion

Learning self-compassion can be truly life changing. In this course you will learn and practice a growth mindset, mindfulness, forgiveness and gratitude of ourselves as well as others.

Wed 22 Mar | 10am - 12.30pm



Reconnect with Your Inner Child

Understand how to reconnect with your inner child, and rekindle your relationship with yourself.

Wed 29 March | 9am - 12pm



Reclaiming Wonder: Finding Connection and Magic in the Everyday

Rediscover what feeds your sense of wellbeing. We'll share some gentle techniques to help reconnect you to your life, in small, simple ways.

Wed 5 & 12 April | 10am - 12.30pm

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