



## LetGoDo Personal & Business Development Seminars, Workshops & Events



### You and Your Dreams

This seminar aims to help participants work with their dreams for full benefit and will explore the following :

- What are dreams?
- What is their purpose?
- How do they help us?
- Why do some people remember their dreams and some don't?
- How can we work at remembering dreams and better understand them?
- Why do some dreams recur?
- What are nightmares ?

**Date/ Time/ Cost/** March 15th—6.15 registration for 6.30pm to 9pm - \$45 single or \$40 pp for bookings of 2 or more.—Tea/Coffee/light refreshments served.



### Winning Relationships

Explores the skills required to have healthy, positive relationships of all kinds.

- What is a “Winning Relationship ? “
- What are the skills needed to achieve one?
- Different kinds of relationships.
- Communication—True Intimacy
- Acceptance—Trust/Honesty
- Boundaries—Family Issues
- Commitment

**Date/ Time/ Cost/** March 29th—6.15 registration for 6.30pm to 9pm - \$45 single or \$40 pp for bookings of 2 or more.—Tea/Coffee/light refreshments served.

Dr Charmaine Saunders is one of Perth's best known and most respected counsellors, with some 21 years experience in the field. Charmaine is the author of six books, and has written for many of Australia's major newspapers and magazines. She also facilitates seminars, teaches university courses, is a sought-after public speaker, and has produced her own series of self-help audio cassettes. Charmaine's areas of expertise include stress management, relationships, life skills, personal growth, anxiety and depression, family therapy, communication, assertiveness, self esteem and sexuality.

**Bookings/General Enquiries : Tony at Agora Marketing on: 9387 6998  
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**BOOK ON LINE click on [www.agoramarketing.com.au](http://www.agoramarketing.com.au) ( LetGoDo Seminars )**

**Venue: Cambridge Conference Centre, Cambridge Forum ,  
350 Cambridge St. Wembley.— for map click on  
[www.cambridgeconferencecentre.com.au](http://www.cambridgeconferencecentre.com.au)**

**( Free parking via Alexander or Simper St roundabout )**

The Cambridge Conference Centre & LetGoDo Seminars, Workshops & Events are managed by Agora Marketing.