

GRIOT'S WORKSHOPS FOR INTERNATIONAL WOMEN'S FESTIVAL

PUBLICITY

SAT 4TH MARCH 1 - 4pm Change, confidence and careers-practical success strategies

The start of the new year is a time for reviewing life and career goals. This time is for women who want to discuss practical ways of building confidence and holding on to it, identifying goals and keeping focused and ways of handling fear of success. A chance to look at some of the cultural and gender based hurdles around women's assertion and getting ahead. Batik Associates will lead the workshop. Greenwich Networks Trust, 37 Charlton Church Lane, SE7
Lunch provided. Places limited -advance booking advised. Crèche /carers support first-come basis -must be booked. Call Jen for details on 0208 333 0082

MON 13TH MARCH 1 - 4pm Managing your mind - improving memory and living with less stress

For women who can't remember why they're stressed or what their last positive experience was!! Memory and stress can team up to work against us or for us. An experienced counsellor and trainer will guide us through finding our own strategies for managing our minds to improve our 'positive-memory' skills and increase our stress reducing abilities. Haddo Health Clinic, Tarves Way, Greenwich
Lunch provided. Places limited -advance booking advised. Crèche /carers support first-come basis -must be booked. Call Jen for details on 0208 333 0082

SAT 18TH MARCH 1 - 4pm Build your own computer -level one

Women get over the technology terror and understand what goes on inside our computers. Abiola Ogunsola and her son built their computer with no prior 'training'. In this workshop, we will talk through our fears about technology and how we can overcome it and literally take a computer apart and put it together again. You will get practical skills, an opportunity to sample a potential career direction and a turning point away from techno-fear. Places are limited, advance booking essential. Crèche /carers support first-come basis. Call Jen at GRIOT on 0208 333 0082 to register and for venue details.

WED 22ND MARCH 12 - 4pm For women who find maths difficult and who want to help their children with number work

A practical and humorous workshop for women who find maths difficult. Sandra Endersby did some research into what goes on in the classroom to cause so many women to either dislike or feel unconfident about Maths. We will have a chance to talk about our experiences, their effects on our concept of ourselves and look at ways of improving our confidence in Maths and positively helping our children with their maths. No calculators required!! Lunch provided. Greenwich Women's Centre, 45 Hare St, Woolwich. Places limited -advance booking advised. Crèche /carers support first-come basis -must be booked. Call Jen for details on 0208 333 0082