South Eastern Sydney
Recovery & Wellbeing College

Course Information Sheet

Empowerment, Autonomy & Growth

Date: **Thursday 19 November 2026**
Time: **10:00am – 2:00pm**
Venue: **Recovery & Wellbeing College**
Unit 2, Ground Floor, Kirk Place
15 Kensington Street Kogarah 2217

This workshop has a strong practical focus on approaches, resources and tools for personal empowerment, autonomy and growth.

Students will explore the following in the context of their own experiences and/or supporting others:

- A framework for exploring and supporting self-management
- Discovering ourselves and supporting others in self-discovery
- Hope-inspiring people and practices
- Honouring identity and personal meaning
- Understanding and exercising personal agency and personal control
- Enhancing personal networks and finding or creating a sense of belonging

To enrol please visit our website: www.seslhd.health.nsw.gov.au/recovery-wellbeing-college



Photo by Ronak Valobobhai on Unsplash





For more information please contact the Recovery & Wellbeing College Team

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