

# Next Step Centre for Women 2023



Course code	Programme name	Start date	End date	Hours
LSNO101V1	New Outlook for Women	7 February	6 April	Tue, Wed, Thu 9.30am – 2.15pm
LSNO101V1	New Outlook for Women	2 May	29 June	Tue, Wed, Thu 9.30am – 2.15pm
LSNO101V1	New Outlook for Women	18 July	14 September	Tue, Wed, Thu 9.30am – 2.15pm
LSNO101V1	New Outlook for Women	10 October	7 December	Tue, Wed, Thu 9.30am – 2.15pm
FNUS200V1	Updating Skills	7 February	6 April	Mon, Tue, Wed, Thu 9.15am – 2.30pm
FNUS200V1	Updating Skills	1 May	29 June	Mon, Tue, Wed, Thu 9.15am – 2.30pm
FNUS200V1	Updating Skills	17 July	14 September	Mon, Tue, Wed, Thu 9.15am – 2.30pm
FNUS200V1	Updating Skills	9 October	7 December	Mon, Tue, Wed, Thu 9.15am – 2.30pm
CSSD101V4	Self Development	20 February	27 March	Mon 12.30pm – 2.30pm
CSSD101V4	Self Development	15 May	26 June	Mon 12.30pm – 2.30pm
CSSD101V4	Self Development	31 July	4 September	Mon 12.30pm – 2.30pm



CSDD101V4	Self Development	9 October	13 November	Mon 12.30pm – 2.30pm
CSSE101V4	Self Esteem	21 February	28 March	Tue 12.30pm – 2.30pm
CSSE101V4	Self Esteem	16 May	20 June	Tue 12.30pm – 2.30pm
CSSE101V4	Self Esteem	8 August	12 September	Tue 12.30pm – 2.30pm
CSSE101V4	Self Esteem	31 October	5 December	Tue 12.30pm – 2.30pm
CSSU101V5	Assertive Communication & Confidence	6 March	27 March	Mon 9.00am – 12.00pm
CSSU101V5	Assertive Communication & Confidence	22 May	19 June	Mon 9.00am – 12.00pm
CSSU101V5	Assertive Communication & Confidence	28 August	18 September	Mon 9.00am – 12.00pm
CSSU101V5	Assertive Communication & Confidence	20 November	11 December	Mon 9.00am – 12.00pm
CSWA101V5	Anger Management for Women	24 July	14 August	Mon 9.15am – 12.15pm
CSEM101V4	Self Empowerment for Women	9 October	13 November	Mon 10.00am – 12.00pm

\*No class Monday 5 June (King's Birthday Weekend)

\*\* No class Monday 23 October (Labour Weekend)

**NB:** All dates are correct at the time of printing; all course deliveries are dependent on sufficient enrolment numbers

Ara / Te Pukenga reserves the right to amend offerings to meet operational needs

