



Opportunities for Women

2024

Enhance your sense of self-worth, learn new skills and develop your potential at the Next Step Centre for Women.

ara.ac.nz



Te Pūkenga

Welcome to the Next Step Centre for Women Te Poutama Wahine

Ara | Te Pūkenga Next Step Centre for Women is dedicated to offering a wide range of courses to expand your possibilities and enhance your sense of self-worth.

Within our friendly, warm and supportive environment, you can learn new skills and develop your potential. Our courses will assist you to know yourself better, explore your options, update your skills and develop confidence in yourself.

The Next Step Centre for Women has been a special part of this institute for over 30 years. During this time, thousands of women have found their “next step” by participating in one of our courses.

We also have a lounge which is open during term time. This is a safe space where Next Step Centre students can take a break. You're welcome to come in to have a coffee, look around and spend some time with us.

Phone: 03 940 8070

Email: nextstepcentre@ara.ac.nz



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From small beginnings, one step at a time, I followed my dream.

Note: Ara | Te Pūkenga reserves the right to alter delivery dates for operational purposes.

If the date below is older than 12 months, phone 0800 24 24 76 for a more up to date brochure. At times we may publish more than one edition a year.

As at December 2023



'After becoming a mother and feeling the need to reassess my life, I was encouraged to attend the New Outlook for Women course through the Next Step Centre at Ara | Te Pūkenga.

Although it was a diverse mix of women, we came together to laugh, cry and debate as one. It was a place where new friendships were forged. Not only did I get to hear about the hardships of others, I was able to feed off their strength, encouragement and support to continue this journey on which I had embarked.

I entered into the Updating Skills course which enabled me to understand the requirements for employment, how to work with others and the possibility of further study.

I learnt about the structure and content of written work and, most importantly, it was here where I decided to apply for the Certificate in Community Studies. I received help in writing my application and, further to this, the support and encouragement I felt I needed to proceed.

I am now a Care & Protection Social Worker for Child Youth & Family and continue the journey that began those few years before. It has been a long road and it all began at the Next Step Centre.'

**Leisha Sharapoff, Graduate,
Next Step Centre for Women**

New Outlook for Women



City campus, Madras Street



Part-time: 12 hours per week for nine weeks



\$129

Tuesdays, Wednesdays, Thursdays
9.30am - 2.15pm



Term 1: 13 February - 11 April 2024

Term 2: 30 April - 27 June 2024

Term 3: 23 July - 19 September 2024

Term 4: 15 October - 12 December 2024

Are you thinking about “where to next” in your life? Would you like to gain new skills so you can enter or return to the workforce, or undertake further study? This course will provide you with the new ideas, experiences, confidence and skills you need to make that next move. You'll learn in a supportive, interactive group setting, find direction and become aware of what's important to you in life.

Course content

- Finding a direction (e.g. paid work, community involvement, further education)
- Discovering your passion
- Self-awareness
- Confidence building
- Goal setting
- Visits
- Guest speakers

2024 course code

LSNO101



I would really recommend that every woman take this course. It is uplifting and inspiring and taught me how to get the most out of life.

Updating Skills



City campus, Madras Street



Part-time: 19 hours per week for nine weeks



FREE

Mondays, Tuesdays, Wednesdays, Thursdays
9.15am - 2.30pm



Term 1: 12 February - 11 April 2024

Term 2: 29 April - 27 June* 2024

Term 3: 22 July - 19 September 2024

Term 4: 14 October - 12 December** 2024

If you'd like to gain new skills so you can enter or return to the workforce or undertake further study, this course will give you the skills and confidence to do so. Within a supportive group environment with helpful tutors, you'll learn how to present your existing skills to an employer and develop new skills. You'll also learn how to be a successful student.

Course content

- Employment
- Professionalism
- Communication
- Education Pathways
- Health and Safety
- CV development
- Interview skills
- Researching industries
- Computing

2024 course code

Code: NZ2862, FNUS200

**Please note: there will be no class on King's Birthday, Monday 3 June.*

*** Please note: There will be no class Labour Weekend - Monday 28 October*

This course offers 30 credits towards NZ2862 New Zealand Certificate in Foundation Skills (Career and Education) Level 2 (60 credits). You may be eligible to apply for credit recognition towards this qualification. Please enquire with your tutor.



April Green is a survivor of domestic violence. Now she uses her experience to help other victims at Te Whare Hauroa Māori Women's Refuge. April's journey began at the Next Step Centre for Women at Ara | Te Pūkenga.

'My daughter was about to turn 18, I was turning 50 and I needed to get a life and find a sense of purpose,' she says. April enrolled in two courses at the Next Step Centre: the New Outlook for Women and the Updating Skills course. "The courses changed my life in ways that made my future look clearer. I lost my shame and found my passion there. And my passion was to give back in the field of domestic violence prevention.'

**April Green, Graduate,
New Outlook for Women**

Self Development for Women



City campus, Madras Street



Part-time: Two hours per week for six weeks



\$76

Mondays



Term 1: 5 February - 11 March 2024,
12.30pm - 2.30pm

Term 3: 19 August - 23 September 2024,
9.30am - 11.30am

This course offers an opportunity to enhance your sense of self-worth. You'll learn more about yourself and your physical, emotional, mental and spiritual health. It's ideal for clarifying your ideas and learning to care for yourself more effectively.

Course content

- Identifying the components of quality physical, emotional, mental and spiritual health
- Evaluating your health and identifying ways to change unhealthy behaviours
- Understanding change and the change process
- Evaluating your personal support system

2024 course code

Code: CSSD101



From learning about the power of change in this course I stopped drinking alcohol and smoking after 36 years.

Self Esteem for Women



City campus, Madras Street



Part-time: Two hours per week for six weeks



\$76



Tuesdays
12.30pm - 2.30pm

Term 2: 30 April - 4 June 2024

Term 4: 22 October - 26 November 2024

Do you want to develop a greater sense of self-worth and the ability to better nurture yourself? By taking part in this friendly, supportive and active group you can work towards these goals.

Course content

- Identify strategies for enhancing healthy self esteem
- Discuss strategies for self-care

2024 course code

Code: CSSE101



I have gained confidence and knowledge on how to be positive and stay positive with myself.

Assertive Communication & Confidence for Women



City campus, Madras Street



Part-time: Three hours per week for four weeks



\$76

Mondays
9am - 12pm



Term 1: 26 February - 18 March 2024

Term 2: 10 June - 1 July 2024

Term 4: 4 November - 25 November 2024

This course will develop your ability to express yourself clearly and directly, to listen creatively, and to communicate effectively within a supportive and encouraging group atmosphere.

Course content

- Identifying characteristics of assertive, aggressive and passive communication styles
- Understanding non-verbal communication
- Assertive communication skills

2024 course code

Code: CSSU101



Effective Anger Management for Women



City campus, Madras Street



Part-time: Three hours per week for four weeks



\$76



Mondays
9am - 12pm

Term 3: 22 July - 12 August

Anger is an emotional signal that's worth listening to. This course is an opportunity to identify your anger triggers and learn healthy ways to process your anger so you don't hurt yourself or others.

Course content

- Identifying anger triggers
- Processing anger in healthy ways
- Applying anger management tools to personal challenges

2024 course code and dates

Code: CSWA101



I've learned about myself, my anger style, my way to control it.

Self Empowerment for Women



City campus, Madras Street



Part-time: Two hours per week for six weeks



\$76



Mondays
12.30pm - 2.30pm

Term 4: 14 October - 25 November*

The aim of this course is to enhance your sense of personal identity by learning about your strengths and the influence your actions and thoughts can have over your life. Take the opportunity to build stronger connections with yourself and others, within a supportive group environment.

Course content

- Identifying your existing and potential strengths
- Identifying areas of your life you wish to have more control over
- Evaluating your communication style so you can communicate more effectively
- Appropriate responses to problematic situations

Method

This is an experiential group using role playing and, group work. It's helpful if you come ready and able to fully participate in a group.

2024 course code and dates

Code: CSEM101

*Monday 25 October (Labour Day) - no class



Soul food, emotional food - a real tonic; I feel strengthened, nurtured and empowered."

Course subsidy information

Do you need help to pay for your chosen course at the Next Step Centre for Women?

If you receive a benefit from Work & Income, you may be eligible for Course Participation Allowance (CPA). CPA can assist with fee payment, childcare, travel and parking. Please talk to your local Work & Income office about whether you qualify for this allowance.

If you can't access assistance from Work & Income and you'd find the cost of a Next Step Centre course excessive, a portion of your fee costs may be paid from Altrusa's annual subsidy fund* (subject to approval and availability).

For further details regarding CPA applications or for an Altrusa course fee subsidy application form, please contact us on 03 940 8070 or email nextstepcentre@ara.ac.nz.

**On behalf of the students who benefit from this assistance, the team at the Next Step Centre would like to express our sincere appreciation to Altrusa for their ongoing, dedicated support.*



The course has changed my life and the way I live it. It's been the most amazing voyage of self-discovery.

Altrusa scholarship

The Christchurch Branch of the service organisation Altrusa International awards a \$1000 scholarship each year to a graduate of our New Outlook for Women or Updating Skills courses.

If you've completed either course and you wish to undertake further study, we encourage you to apply. Applications close in mid-October. To find out more, contact the Next Step Centre for Women: phone **03 940 8070**, text **021 0246 9601** or email **nextstepcentre@ara.ac.nz**.

April Green (page 6) and Tania Hooper (page 14) were both recipients of the Altrusa Scholarship.





'During a meeting with a Women's Refuge Centre coordinator, I was asked the question "What would you like to do in life?" That was a difficult question to answer; I was a newly single mum of three children and life was a little daunting. I mentioned that at one time I would have liked to do further study – doing what, I wasn't quite sure. She told me about the Next Step Centre for Women.

I began with Self Development for Women which was for two hours a week. I almost had to plan my whole week around those two hours because I was trying to justify spending that time on myself. I thoroughly enjoyed the course and I decided to move out of my comfort zone and enrol in the New Outlook for Women course. In Term 4 I did the Updating Skills course. Being in this safe and supportive environment allowed me to find myself. I spent those weeks amongst some of the most amazing women I have ever met – the wonderful tutors, staff, volunteers and my fellow students.

I decided that I wanted to be a registered nurse, working in the community, primarily in Māori women's health. I enrolled in the Pre Health and Science course at Ara | Te Pūkenga which I passed with distinction and have now completed the Bachelor of Nursing. I recently accepted a position working as a district nurse. From small beginnings, one step at a time, I followed my dream.'

**Tania Hooper, Graduate,
New Outlook for Women**

Student feedback

New Outlook for Women

"This was very valuable, taking time out for myself – regathering my strength and realising there are so many options out there; widening my horizons."

Updating Skills

"This has changed my life and the way I live it. Through doing this course I have rediscovered skills I have and I've gained confidence in myself to know that I can successfully use them. It has been the most amazing voyage of self discovery."

Self Esteem for Women

"Greater feeling of self acceptance, I am starting to like myself more and feel I can take on the world."

Effective Anger Management for Women

"It was a real breakthrough for me to realise where my anger stemmed from and learn effective ways to deal with and cope with my anger issues."

Assertive Communication and Confidence

"Absolutely brilliant, builds your confidence and shows you how to be assertive without seeming to be impolite. The tutor was fantastic, teaches with passion and makes the course so worthwhile."

Self Development

"I discovered myself and a room full of amazing people."

Self Empowerment

"This course has given me the opportunities to live life differently; to experience how our difficulties can be explored in a different way - to see our reality."





Location

Next Step Centre for Women



Further information

To learn more about courses at the Next Step Centre for Women: phone 03 940 8070, text 021 0246 9601, email nextstepcentre@ara.ac.nz or call our Admissions team on 0800 24 24 76.

To enrol

Fill out the enrolment form available at ara.ac.nz/apply or contact Enrolments in the Rakaia Centre at the City campus (access off Madras Street). It's open Monday to Thursday from 8am to 5pm and Fridays from 9am to 4.30pm.



Get in touch to take the next step:

Phone: 03 940 8070

Text: 021 0246 9601

Email: nextstepcentre@ara.ac.nz

Drop in: City campus, Madras Street



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03 940 8070