

# 承擔·超越—廿一世紀女性

Women's Commission Conference 2009  
Beyond Limits - Women in the 21<sup>st</sup> Century

## 「發展婦女·自我增值」工作坊 "Women's Self-improvement" Workshop

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2009年4月聯合會與婦女團體合辦「發展婦女·自我增值」工作坊  
"Women's Self-improvement" workshop held by the Association and other women's groups in April 2009



**工**作坊旨在培訓婦女骨幹，為計劃中的婦女熱線服務作好準備。工作坊內容包括溝通及處事技巧、與子女相處的要訣等等，期望可以做到助人自助，強化家庭，從而減低家庭暴力發生的機會。

**T**he workshop aims to train a team of women, so as to prepare them to man the hotline service. The workshop includes communication and problem solving skills, tips on how to build a better relationship with children and so on. It is hoped that the women can help others and themselves, strengthen their families, and thereby reduce the chance of domestic violence.