

# SHAPING OUR FUTURES TOGETHER (SOFT)

– A COURSE FOR WOMEN LIVING AND WORKING IN REGIONAL, RURAL AND REMOTE NSW



PROfarm

## TAKE A *SOFT* STEP TOWARDS DEVELOPING YOUR LEADERSHIP AND NETWORKING SKILLS

Shaping Our Futures Together (*SOFT*) is a course designed for women living in regional, rural and remote NSW. It includes a wide range of learning activities with an emphasis on having fun while learning together in a supported environment.

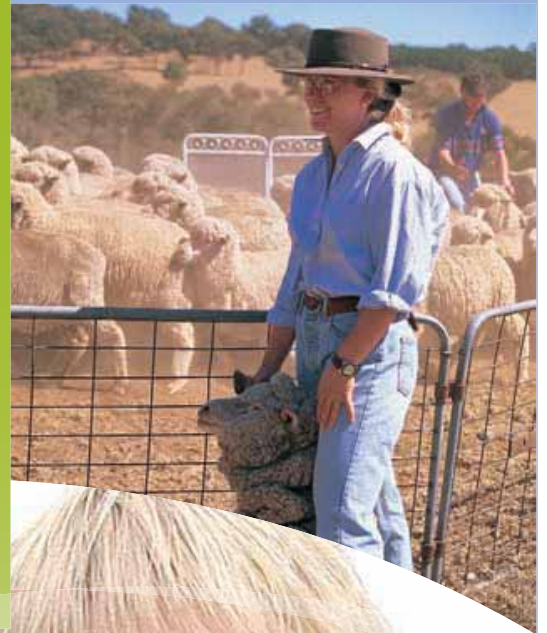
The course assists women living in rural communities to develop their leadership and networking skills.

### AS A *SOFT* 'GRADUATE' YOU WILL LEARN TO:

- see yourself more clearly and take steps to boost your self-esteem and confidence
- use visioning, write goals and understand the action planning process
- understand how assertiveness, attitudes and actions can affect you and others
- network more effectively.



NSW DEPARTMENT OF  
PRIMARY INDUSTRIES



## THE COURSE

*SOFT* courses are delivered throughout NSW based on demand. These courses are often conducted in partnership with community groups and other government agencies that may help cover course delivery costs.

*SOFT* can be run just about anywhere as long as there are at least 12 interested women and a local volunteer 'coordinator' prepared to organise catering, book a suitable venue and help with promotions and registrations.

If you would like a *SOFT* course to be offered in your community, contact the coordinator of the Rural Women's Network (RWN).

*SOFT* is best explained by those who have participated in the course. Here is what some recent graduates have said:

*"The emphasis on interaction in the exercises really brought it alive for me. It has changed my thoughts and my direction in life". - Tocal*

*"The participant booklet is great. Both facilitators were very skilled and interesting and handled group dynamics excellently. I liked personal vision statements and the 'shoulds' video". - Queanbeyan*

*"The experience and process of meeting, learning with, and being challenged by my colleagues was invaluable". - Orange*

## THE COURSE PROGRAM:

Topics covered by *SOFT* include:

- Building self-esteem
- Presenting to a group
- Visualisation
- Journaling
- Identifying 'shoulds' and values
- Managing time
- Assertiveness and effective communication
- Managing change
- Visioning
- Writing SMART goals and understanding action planning
- Mindmapping
- Reflecting
- Networking more effectively



## PROfarm

*SOFT* is delivered under PROfarm, the training program developed by NSW Department of Primary Industries (NSW DPI) to meet the needs of farmers, primary industries, agribusiness and the community.

PROfarm courses are delivered locally, by highly skilled and respected facilitators. Many of the courses are subsidised to reflect the public benefits provided by the adoption of more sustainable farming practices.

Information about all PROfarm courses can be found on the PROfarm website, [www.profarm.com.au](http://www.profarm.com.au)

## COURSE FEE

The subsidised cost of *SOFT* is \$160, with a course manual provided to all participants.

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To register your interest in *SOFT*, complete the faxback form to RWN on Fax: 02 6391 3650.

Rural Women's Network  
NSW Department of Primary Industries  
Telephone: 02 6391 3611



*SOFT* | PLEASE **FAX** THIS FORM TO 02 6391 3650

## CONTACT DETAILS

FIRST NAME	SURNAME
BUSINESS TRADING NAME	
TYPE OF ENTERPRISE	
ADDRESS	
TOWN	POSTCODE
PHONE	FAX
EMAIL	

The subsidised cost of *SOFT* is \$160.

- YES – I would like to attend a *SOFT* course in my local area. Please contact me when locations and dates have been set.
- Yes – I would like to receive information about other PROfarm courses and NSW DPI events planned for my local area.

PLEASE **FAX** THIS FORM TO 02 6391 3650



PROfarm... we've got the right course for you

