



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(Formerly known as Raeburn House)

LIFTING YOUR SELF ESTEEM AND CONFIDENCE

Develop a deeper understanding of your personality and identity. Learn your strengths, core values, develop goal setting techniques and how to beat procrastination. Enhance your sense of self while also improving communication with others.



LIMITED PLACES

Enrolment and pre-payment is essential.

- DATE** Sunday, 25th February to Friday, 23rd March
- TIME** 3:30pm - 5:30pm (5 sessions)
- VENUE** Bays Community Centre, Glen Road, Browns Bay
- COST** \$95

FREE WITH A DOCTOR OR HEALTH PROFESSIONAL'S REFERRAL

(Valid for 1 year for up to 2 groups per term).



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ABOUT KAREN VENTER

(MA Clin.Psych, MSocSci, HED, MZNAP)

I am a registered clinical psychologist and I draw on a broad range of skills to find the "best fit" for my client's needs. I have extensive experience working over a range of modalities including Cognitive Behaviour Therapy, Depth Therapy, Jungian Psychology (Personality), Strengths Based Models, Stress Management, Careers Counselling, Mindfulness, and Compassion Focussed Therapy.



For more information and registration, please contact
Hearts & Minds

PHONE 09 441 8989

E-MAIL learning@heartsandminds.org.nz

WEB www.heartsandminds.org.nz