



# Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(Formerly known as Raeburn House)

## SELF-CONFIDENCE, WELLBEING & EMPLOYMENT

This course is designed to strengthen personal wellbeing and increase participants employment prospects through the knowledge gained from a varied 'toolbox' of skills including:

- Identifying personal strengths, personality type and talents.
- Learning how to outsmart anxiety, self-doubt and negative self-talk.
- Identifying achievable goals & how they strengthen self-efficacy.
- Discovering the 5 Ways to Wellbeing & how they can enhance all areas of your life.
- Learning about the six foundations of self esteem.

The group will also include practical tips for job seekers such as interview skills, writing a CV, and the 'where' and 'how' to look for work.

### FIVE WAYS TO WELLBEING



**DATE** Every Monday, 19th February to 26th March

**TIME** 10am - Noon (6 sessions)

**VENUE** Hearts & Minds Hub, 65 Pearn Crescent, Northcote

**COST** **FREE** for over 18 year olds seeking employment



**FREE**

**FOR OVER  
18'S SEEKING  
EMPLOYMENT**

### 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**

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