



# Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(Formerly known as Raeburn House)

## 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, values, and personality type.
- Learning how to outsmart anxiety, self-doubt and negative self-talk using Cognitive Behaviour Therapy techniques.
- Identifying achievable goals & writing an Action Plan.
- Discovering the 5 Ways to Wellbeing & how they can enhance all areas of your life.

The group will also include practical tips for job seekers such as interview skills, and writing a CV.

### LIMITED PLACES

Early enrolment is essential.

- DATE** Every Tuesday, 5th March to 26th March
- TIME** 10:30am - 12:30pm (4 sessions)
- VENUE** WEST, 9 Henderson Valley Road, Henderson
- COST** **FREE** for over 18 year olds seeking employment (Referral required)



**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 Focused Therapy.



For more information and registration, please contact  
**Hearts & Minds**

- PHONE** 09 441 8989
- E-MAIL** [learning@heartsandminds.org.nz](mailto:learning@heartsandminds.org.nz)
- WEB** [www.heartsandminds.org.nz](http://www.heartsandminds.org.nz)