

# Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

## SELF-ESTEEM (POSITIVE PSYCHOLOGY)

This group will focus on lifting self-esteem and finding a more contented and happier way of being through learning about your personality type, Positive Psychology approaches, and Mindfulness skills which aim to strengthen your wellbeing.

Positive Psychology is the study of happiness. What makes us happy? What can we do to enhance our happiness? And in the words of Martin Seligman, author of *Authentic Happiness* (2002) "Authentic Happiness comes from identifying and cultivating your fundamental strengths, and using them everyday in work, love and play." (*Authentic Happiness*, 2002 by Seligman).

Practicing Mindfulness is a way of reducing stress and developing a greater balance in life. Learn breathing and body scan relaxation techniques

### LIMITED PLACES

Early enrolment is essential.

**DATE** Every Monday, 6th May  
to 1st July

\* no group on 3/6

**TIME** 12:30pm - 2:30pm (8 sessions)

**VENUE** Sunnynook Community Centre,  
148 Sycamore Drive, Sunnynook

**COST** \$105

**FREE WITH A DOCTOR OR HEALTH  
PROFESSIONAL'S REFERRAL**

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



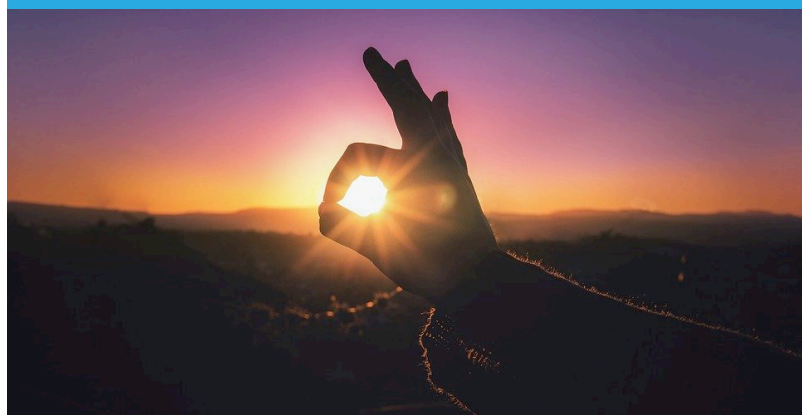
### ABOUT KAREN VENTER

(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.

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For more information and  
registration, please contact  
Hearts & Minds

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