



# Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

## STRENGTHENING SELF-ESTEEM

This group is designed to broaden your understanding of how knowing your personality type and developing new mindsets can lift your self-esteem. Drawn primarily from Positive Psychology (the study of happiness) and Mindfulness (a way to reduce stress), our well-qualified and experienced facilitator Karen Venter will take you through several steps to encourage positive growth in this area. From a practical point of you, Karen will also present you with proven ways to identify and cultivate your personal strength and use them everyday, whether at home, at work, or during recreation.

The focus of the group is to create a confidential space where you can learn how to find a more contented way of being, bring and listen to feedback, and form new connections with like-minded people.

### LIMITED PLACES

Early enrolment is essential.

- DATE** Every Monday, 5th August  
to 23th September
- 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 1 group per term).



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

### ABOUT KAREN VENTER

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

Karen is a registered clinical psychologist and she draws on a broad range of skills to find the "best fit" for her client's needs. She has 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.



To register 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)