

Are you feeling frustrated?

Do you want to become mentally fit to increase your wellbeing, learn great tools to manage your mental health, and confidence in job hunting?



The Wellbeing Series is 7 online courses to help support individuals who have been out of work, battling to find a job due to poor mental health and struggling with their Wellbeing due to COVID.

What does this FREE series cover ?

Stage 1

- Mental Health and Wellbeing
 - Signs and symptoms
 - How our brains work

Stage 2

- Self-awareness
- Change
- Positive communication

Stage 3

- Te whare tapa wha
- Strengths & Values
- Action planning

Learn online!

You can complete this workshop from the comfort of your home, any time of the day to suit your needs.

What's included?

- Online learning material
- Downloadable resources
- Educational videos
- Easy access
- Certificate of completion

To Register: [Click Here](#) or

Email: admin@pressgo.co.nz or call: 027 645 1497