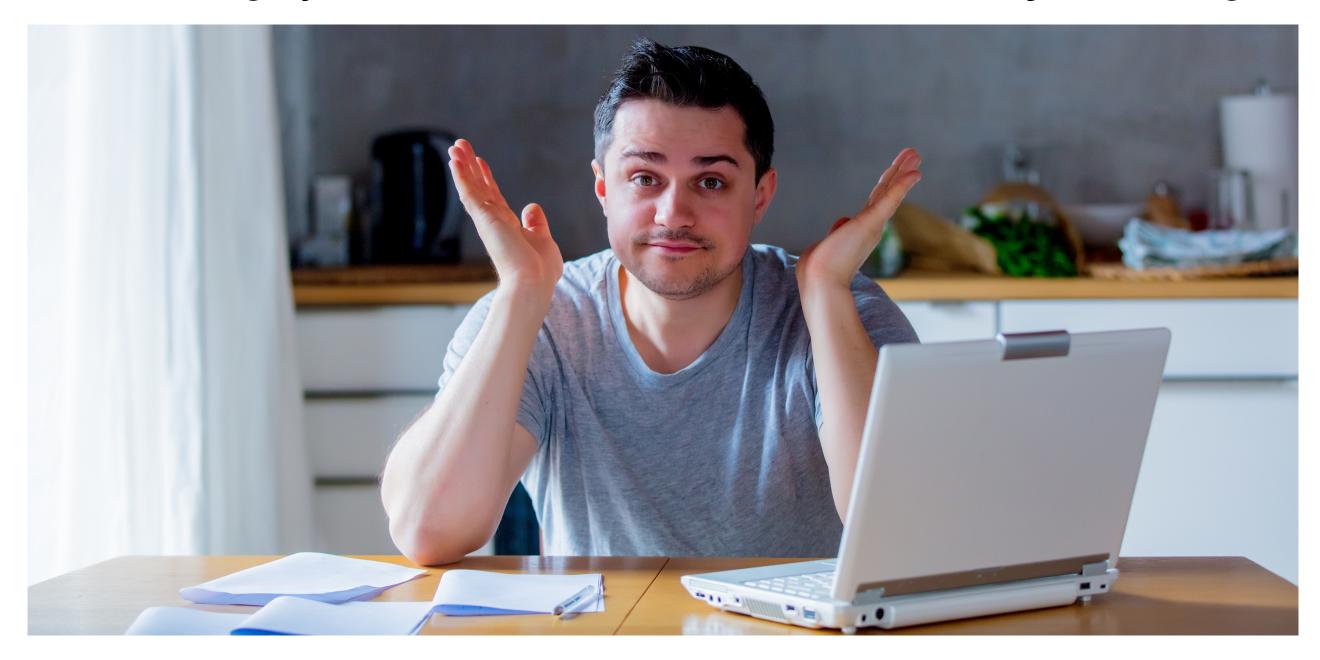
Are you feeling frustrated?

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 <u>Wellbeing Series</u> 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

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