



Counselling and Psychological Services Workshops

Our Counselling and Psychological workshops provide participants with a range of techniques to identify and manage difficulties that may arise in the pursuit of employment.

Learning Optimism

The search for employment (and achieving other life goals) is likely to result in a number of setback and disappointments. Optimism plays an important role in the development of the resilience required to persist in the face of setbacks, and to feel happier about one's self, life and future. The Learning Optimism workshop is designed to help participants learn to view their life challenges as opportunities and how to change their outlook in tackling these challenges.

Motivation and Goal Setting

Without goals that are clear and perceived to be important, many jobseekers will likely find it difficult to maintain the motivation to work to gain employment (as well as the development of other aspects of their lives). The Motivation and Goal Setting workshop is designed to provide participants with an understanding about positive motivation, how it affects behaviours and how to apply it to their everyday lives. Participants will also develop an awareness of the utility of goal setting and learn how to set productive goals that promote positive action.

Understanding Anxiety and Understanding Depression

Psychological and emotional difficulties such as anxiety and depression pose significant barriers to obtaining and maintaining employment. Jobseekers who experience these difficulties are likely to benefit from the two separate workshops Understanding Anxiety and Understanding Depression. These workshops are designed to increase participants' understanding of the causes, symptoms and effects of anxiety and depression respectively, to help participants develop an awareness of their own experience of these conditions, and to introduce basic treatment techniques as well as further treatment options.

TRAINING
OPTIONS

CAREER
SUPPORT

EMPLOYMENT
SOLUTIONS

Office Locations

PO Box 3116
Rundle Mall SA 5000
Email: info@sacareer.com
Fax: 8227 0911

Head Office

Ground Floor
104 Frome St
Adelaide SA 5000
Ph: 8227 0900

Murraylands

A2/24 Adelaide Road
Murray Bridge SA 5253
Ph: 8531 3480

North

95 Womma Rd
Elizabeth West SA 5113
Ph: 8256 0912

North East

113 Smart Rd
Modbury SA 5092
Ph: 8395 7828 (PSP)
Ph: 8264 3433 (DES)

North West

Todd Street Business
Chambers
6 Todd St
Pt Adelaide SA 5015
Ph: 8440 2452

South

1 / 111 Beach Rd
Christies Beach SA 5165
Ph: 8186 2765

South West

1391 Main South Rd
Bedford Park SA 5042
Ph: 8463 0887

www.sacareer.com

Contact Meghan on **8227 0900** for further information
or caps@sacareer.com



Counselling and Psychological Services Workshops

Adelaide Timetable for March – July 2009

Workshop	March	May	June
Learning Optimism		5 & 12	
Motivation & Goal Setting	10 & 17		2 & 9

These workshops will be run as 2 x 3 hour sessions, 10am – 1pm, Tuesdays and conducted at SA Career Consultants, Ground Floor, 104 Frome Street, Adelaide.

Cost per person \$300 + GST

Workshop	March	April	June	July
Understanding Anxiety	31			28
Understanding Depression		14		14

These workshops will be run at 1 x 2.5 hour sessions 10am – 12:30pm, Tuesdays and conducted at SA Career Consultants, Ground Floor, 104 Frome Street, Adelaide.

Cost per person \$165 + GST

Complimentary tea, coffee, cold spring water and morning tea will be provided.

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