

# ILLUMINATE

**EI, RESILIENCE,  
TRAUMA EDUCATION  
AND RTW PROGRAM**

GO FORWARD

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“A program that educates participants about the impact of trauma, develops core emotional intelligence skills and reduces an individual’s RTW anxiety, improving the ability to make a successful RTW”



REGISTERED  
NDIS  
PROVIDER

# Illuminate

## "Reduce Return to Work Anxiety"

- Recognise the physical and psychological impact of trauma on our health
- Master how to reduce the negative impact of trauma through positive psychology tools
- Learn how to manage the negative behaviours of trauma to enhance workplace relationships
- Develop the ability to adapt to change, particularly with reference to job and/or employer change

### Reduce your RTW anxiety - learn about:

1

**Enhancing Resilience**

2

**Health Benefits of Good Work**

3

**Pacing and Coping**

4

**The power of Positive Affirmations,  
Gratitude and Mindfulness**

5

**Managing Persistent Pain**

6

**Stepping back into Employment  
- with either PIE or NE**

### Illuminate

- Delivered by consultants with significant experience in injury, illness and disability, and the impact on individuals and families
- Structured to meet the clients needs
- Sessions can delivered at our Edwardstown, Mawson Lakes or Munno Para offices, the client's workplace or home, or can be delivered via an online medium to other locations

#### Service Locations

Head Office  
Shop 2, 18-22 Hurtle Parade  
Mawson Lakes SA 5095

Woolcock Group Serviced Offices  
6A/938 South Road  
Edwardstown SA 5039

Stretton House  
307 Peachey Road  
Munno Para SA 5115

The Convent  
20 Penola Road  
Mt Gambier SA 5290

**We offer  
online  
services to all  
regional areas**

