

ILLUMINATE

**EI, RESILIENCE,
TRAUMA EDUCATION
PROGRAM**

GO FORWARD

enquiries@beneficent.com.au
1800 88 47 48

www.beneficent.com.au ©

“A transformation program that develops emotional intelligence skills and educates about the connection between the permanent impacts of trauma, emotion and behaviour, building capacity for work”



REGISTERED
NDIS
PROVIDER

Illuminate

"Reduce Anxiety related to entering the workforce"

- Recognise the physical and psychological impact of trauma and anxiety on our health and build capability for work
- Master how to reduce the negative impact of trauma and manage the negative behaviours of trauma and anxiety
- Navigate the role of values in the emotions we feel and the thoughts we have on our, and others behaviours

Reduce your anxiety about entering the workforce:

1

Enhance your Resilience

2

Health Benefits of Good Work

3

Develop capability and self confidence for work

4

The power of Positive Affirmations, Gratitude and Mindfulness

5

Self regulation for improved problem solving/decision making

6

Understanding others, for improved relationships in life and at work

Illuminate

- Delivered by consultants with significant experience in coaching in emotional intelligence and developing the path forward into employment
- Structured to meet the clients needs
- Sessions can delivered at our Brooklyn Park, Mawson Lakes, Munno Para or Hallett Cove offices, the participant's home, or via Zoom



Service Locations

Dancorp Office
283-287 Sir Donald Bradman Drive
Brooklyn Park. SA 5032

Room 3, West Wing
Innovation House, Mawson Lakes Blvd,
Mawson Lakes, SA 5095

Cove Civic Centre
1 Ragamuffin Drive, Hallett Cove, SA, 5158

The Convent
20 Penola Rd
Mt Gambier, SA 5290
(online only)

Stretton House
307 Peachey Rd
Munno Para, SA 5115

We offer local services at Victor Harbor and Wallaroo

We 
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