

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

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

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

Stretton Centre
307 Peachey Road
Munno Para SA 5115

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

We offer local services at Victor Harbor and Wallaroo



We  ndis