

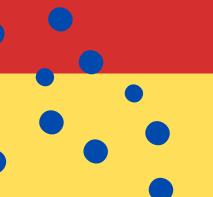
Building Confidence

Addressing anxiety, social skills

and wellbeing

AREAS OF FOCUS

- UNDERSTANDINGANXIETY AND EMOTIONS
- SOCIAL COMMUNICATION
 - BUILDING RESILIENCE
 - PERSPECTIVE TAKING
 - SIZE OF THE PROBLEM
 - MANAGING ANXIETY
 - GROWTH MINDSET
 - COPING STRATEGIES
 - BEING A TEAM PLAYER
 - STRENGTH SWITCH
 - SELF APPRECIATION
 - IDENTIFYING TALENTS
- PERSONALITY PROFILING
- COOPERATION AND NEGOTIATION SKILLS



LIMITED AVAILABILITIES DUE TO COVID-19 DENSITY LIMITS





6 WEEK PROGRAM WEDNESDAY

9:30AM - 10:15AM

10/11/2021-15/12/2021

CLAIMABLE THROUGH PRIVATE HEALTH INSURANCE AND NDIS



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