



BENEFICENT PTY LTD



EMOTIONAL AND BEHAVIOURAL CAPACITY BUILDING WORKSHOPS

Emotional and Behavioural capacity building sessions address areas participants are struggling with in order to achieve life satisfaction and obtain and sustain paid employment

Beneficent Pty Ltd
ABN: 34631474309

Registered NDIS Provider

Individualised workshops for participants to enhance behavioural management and build capacity for independence

Participants can select the workshops they require, using the advice of their Career Coach. These workshops are designed to assist with any emotional or behavioural challenges the participant is facing with life or achieving paid employment



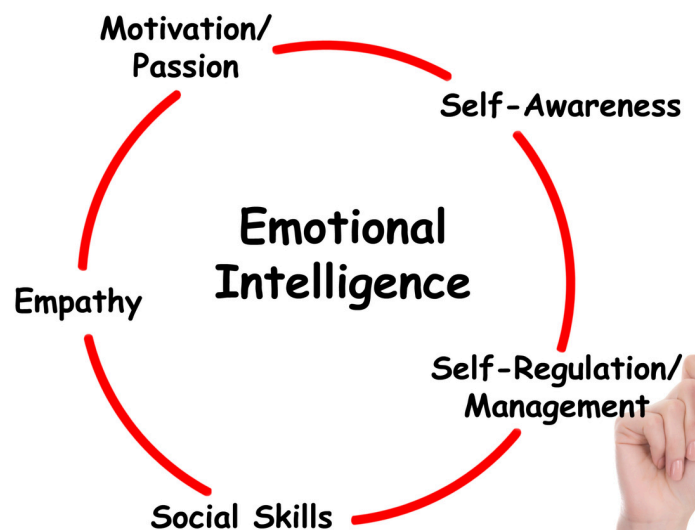
1800 88 4748



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www.beneficent.com.au



Office Locations

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



Scan the QR code to see the other areas we service

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Emotional and Behavioural Capacity Building Workshops

Understanding and Conquering Stress	This program looks at stress and where it comes from, the signs of stress and how to find your stress balance. It provides concrete tools to assist to deal with stress and circuit break unhelpful stress to help re-charge and renew
Improving life satisfaction and achieving career goals	Improve self-awareness and achieve life and career goals to achieve greater work and life satisfaction through improving quality of life. A program targeted at individuals that need assistance to set and achieve goals that lead to paid employment and life satisfaction
Take control of negative thinking to achieve life and career goals	Learn practical strategies to help turn negative thinking into positive thinking. Learn about the negativity bias and develop skills to take control of your mind to achieve a grateful life. With a focus on capacity building OR reducing barriers to achieve life and career goals
Understand others to improve life satisfaction	Learn how to best understand and motivate others to maximise positive relationships and interactions both in life and work. Learn to read basic body language and emotional expression to reduce barriers and enhance opportunities for achievement of career and life goals
Master difficult conversations for fulfilling relationships in life and work	Master difficult conversations to enhance relationships with others, both in life and at work. Learn the skills required to hold tricky conversations for positive resolutions
Achieving self-control to enhance problem solving in life and work	Learn the basis for loss of self control, and the critical skills of self control to enable improved decision making and problem solving that improve life and career outcomes