

# 2023



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# Employment Readiness

## Kristen Hansen, Simone Allan

### OUTCOMES

- > A more positive employment mindset
- > Understanding how to start or change your career pathways
- > Skills to seek employment – resume's, applications, interview
- > Skills to communicate and build connections

### AUDIENCE

Women wishing to reset their lives after experiencing domestic violence, trauma or deep loss.

We support the path forward post crisis care.

## REGISTRATIONS NOW OPEN!

We keep groups small, and places are limited.

Please send an email to [jaclyn@wresilience.com.au](mailto:jaclyn@wresilience.com.au) to register your interest.

We will then reach out with more information and confirmation of your spot.



**FREE**

### 5 SESSIONS

### IN PERSON

@ Mona Vale, NSW  
Friday 9:30-11:00

### ONLINE

- 01 Get Your Brain in Gear
- 02 The Mindset for Successful Employment
- 03 Communication and Connection
- 04 Skills: Resumes, Applications, Interviews
- 05 Job and Career Pathways

- 17 February
- 3 March
- 17 March
- 31 March
- 7 April

- 20 February
- 6 March
- 13 March
- 20 March
- 20 March

### About Women's Resilience

The Women's Resilience Centre is a place of hope, healing and recovery for women who have experienced domestic abuse, trauma, grief and loss. We provide a safe and secure environment to enable women to reset their lives and move forward with confidence. We offer trauma sensitive capability building and wellbeing programs supported by lived-experience mentoring support.

### Acknowledgement of Country

The Women's Resilience Centre acknowledges Aboriginal and Torres Strait Islander people as the Traditional Custodians of this land and pay our respects to Elders past, present, and future.

We pay our respects to the Garigal people, who's land the Women's Resilience Centre stands and operates on.



### Follow us on our socials

- @womensresiliencecentre
- Women's resilience centre
- womensresiliencecentre

Our centre welcomes LGBTQIA+ community

