



WORK PREPARATION TOOLKIT

Self-confidence Building · Time Management
Resilience Building · Conflict Management
Resume Writing Skills



Build your self-confidence and resilience

Communicate better, engage productively with feedback and deal with conflict

Better manage your time at work (and in life)

Decrease anxiety and embrace opportunities

Improve relationships

Write a resume that highlights your strengths and makes a good first impression



Spaces are limited. Book Now!

(02) 5104 3356

hello@selfplus.plus

We work with self and plan managed NDIS participants



www.selfplus.plus