

Relaxation Skills

Overview

Come along and learn valuable tips and techniques to help yourself remain calm when you are faced with stressful situations.

You will take away learning such as:

- Relaxation Skills
- Stress management
- Psychological strategies to deal with stressful times



Who is it for

Anyone wishing to learn valuable relaxation skills and strategies to deal with stress.

Details

- When:** Thursday 16 November at 3.30pm – 4.30pm
- Where:** Assembly Hall, Level 1, 156 Collins Street, Melbourne
- Cost:** **FREE**
- Bookings:** <http://enableworkplace.com.au/events/>
- Enquiries:** email Michelle michelle@enableworkplace.com.au or phone (03) 9663 9168.



Fabiola Leon, Provisional Psychologist

Fabiola is experienced in supporting those dealing with anxiety or depression. She also provides psychological support through everyday life challenges.

Niki Prasad, Consultant

With six years previous experience in childcare, Niki is currently studying Psychology at RMIT with the aim to become a Child and Family Psychologist, specialising in Play Therapy.

