

THE  
BENEFITS OF  
**realistic  
thinking**

Improved  
self  
esteem

Reduction  
in stress

A  
feeling of  
empowerment

Increased  
motivation

Direction



You will also learn  
new skills in order  
to maintain your  
progress and set  
goals for your new  
path in life.

  
**Job Centre**  
AUSTRALIA

**1800 466 046**

[www.jobcentreaustralia.com.au](http://www.jobcentreaustralia.com.au)

CHANGE YOUR  
DIRECTION BY  
**Choices  
for  
Success**



  
**Job Centre**  
AUSTRALIA

# Are your thought patterns making you feel...

Sad or mad?

\_\_\_\_\_

Stressed?

\_\_\_\_\_

Worthless?

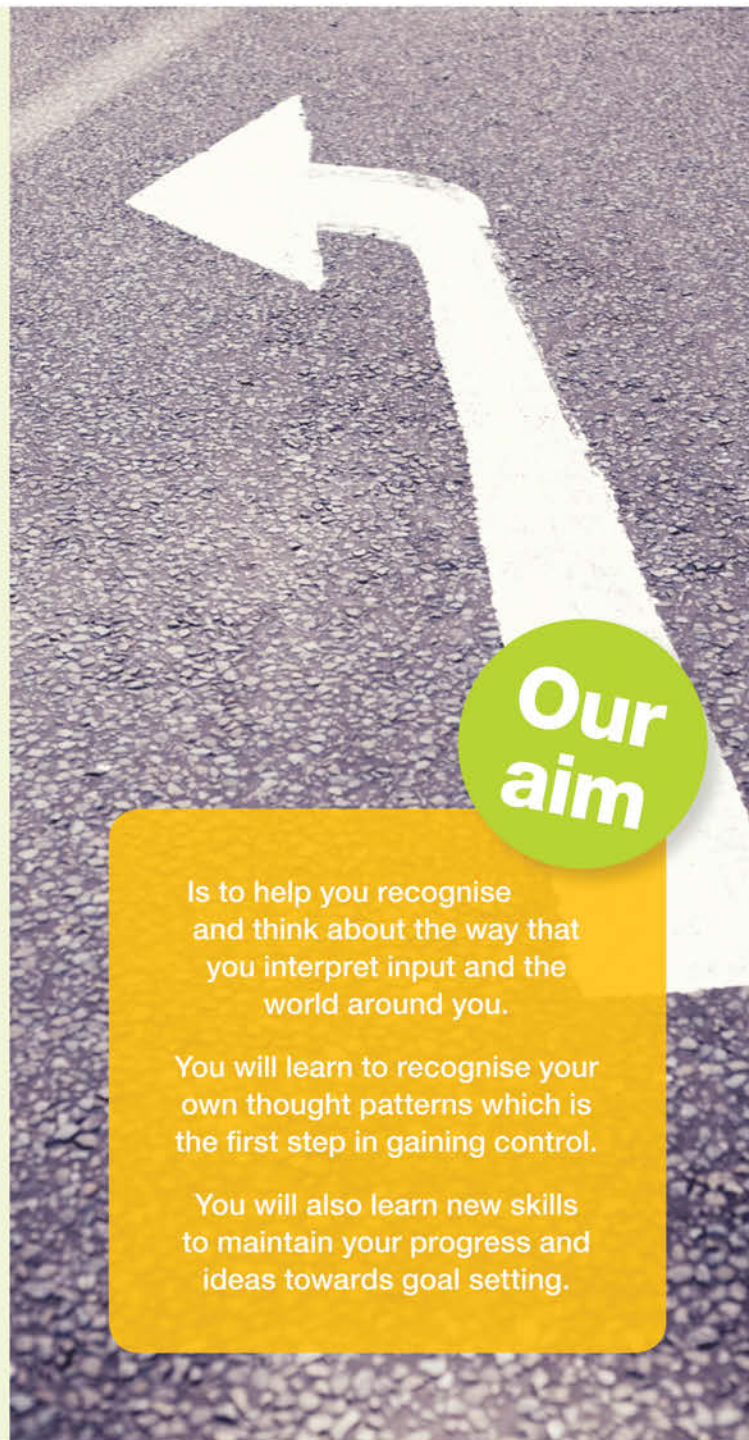
\_\_\_\_\_

Depressed?

\_\_\_\_\_

Frustrated?

Talk to your Pathway Coach about attending the next *Choices for Success Workshop*



## Our aim

Is to help you recognise and think about the way that you interpret input and the world around you.

You will learn to recognise your own thought patterns which is the first step in gaining control.

You will also learn new skills to maintain your progress and ideas towards goal setting.

## About the Workshops

Open discussions

Informal environment

Visual inspirations

Small group

Limited reading and writing

All questions welcome