



Programmes for Clients 2022

This is an exciting time for Work Opportunities. We are offering the following training sessions for our clients. To attend these courses it is essential that you book, phone or text Sue, Jane, Finau or Rachel to secure your place. All programmes will be held at Work Opportunities Trust, Garage 103 Melbourne Street South Dunedin.

Our Programmes:

Monday 15th August - Anxiety and Work Life Balance 9.30 -11am
Paul Reet

Monday 29th August - Alcohol and Drug awareness 9.30 -11am Paul
Reet

Monday 12 September - Fatigue management and Sleep hygiene
9.30am - 11am Paul Reet

Wednesday 21st September - one day Workplace Resilience Training
9.30am - 3pm Dr Alfie Blakey

Monday 26th September - Stress reduction and mental health in the
workplace 9.30am -11am Paul Reet

The facilitators Paul Reet, Dr Alfie Blakely will be having discussions with our clients around the topics.

Dr Althea (Alfie) works in the field of workplace resilience development, and teaches part time at the medical school. She is a keen and experienced facilitator who enjoys developing discussion in the small group.

Paul Reet is a registered mental health nurse and counsellor and psychotherapist.