

Job Capacity Account Services

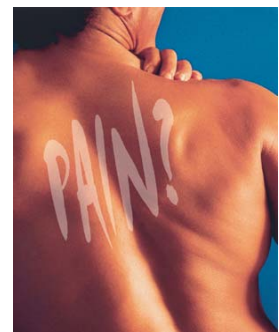
EQUIP Pain Management Program

AW Workwise understands that chronic pain can seriously impact a Job Seeker's quality of life and their ability to actively engage in the workforce. **EQUIP** aims to build the coping and self management skills of the Job Seeker equipping them with the ability to successfully secure and sustain employment.

EQUIP is a one, half day per week multi-disciplinary, competency based program conducted over 6 weeks.

Program Outline:

- Adjustment to change and making a change
- Getting Started
- Cognitive and Social Influences on Pain
- Physical Re-conditioning
- Stress Management
- Problem Solving
- Maintaining a Healthy Lifestyle



* A course time-table is available on request.

The **Equip** Program costs \$1100.00 per job seeker (including GST).
A non-refundable booking fee of \$110.00 (including GST) applies.

**To find out more or make a booking please call
1800 249 579**

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