

Job Capacity Account Services

Work Preparation Training

AW Workwise understands that for many people, returning to the workforce after a long period of unemployment can be daunting. Work Preparation Training aims to build the confidence and motivation of job seekers as well as equip them with the necessary skills to secure and sustain employment.

Job Seekers and their assessors can choose from a range of modules to customise the training to the individual's needs.

Work Preparation Training modules include: (Please ✓)

- Adjustment to change and making a change
- Gaining Control
- Goal Setting
- Increasing self confidence and independence
- Stress Management and dealing with frustrations
- Pain Management
- Problem solving and overcoming obstacles
- Staying motivated and managing setbacks

* An outline of the content of each module is available on request.

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**

awworkwise@awworkwise.com.au

www.awworkwise.com.au



Newcastle

PO Box 679

Warners Bay NSW 2282

Tel: (02) 4948 5455

Fax: (02) 4948 5422

Central Coast

PO Box 3373

Tuggerah NSW 2259

Tel: (02) 4353 0906

Fax: (02) 4353 0605

Hunter Valley

PO Box 2392

Greenhills NSW 2323

Tel: (02) 4933 0144

Fax: (02) 4933 0155

Sydney

PO Box 953

Parramatta NSW 2124

Tel: (02) 9687 7122

Fax: (02) 9687 7833

Campbelltown

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Macarthur Square LPO NSW 2560

Tel: (02) 4629 5600

Fax: (02) 4629 5611

Work Preparation Training Modules

- **Adjustment to Injury – Loss & Grief**
The aim of this module is to allow the Job Seeker to express their loss and grief that has resulted from their injury and assists the worker to realise that staying focused on the past is not helpful and can lead to long-term disability. This module is designed to identify the unproductive beliefs, attitudes and fears that the Job Seeker may have and to assist the Job Seeker to take the necessary steps to adjust to their injury and move forward.
- **Adjustment to Change and Making a Change**
The aim of this module is to identify the barriers to change and assist the Job Seeker to make the necessary changes to succeed in their return to work. This is achieved by improving coping strategies and helping the Job Seeker to plan for and implement change.
- **Gaining Control**
The aim of this module is to assist the Job Seeker to move from an external locus of control to an internal locus of control to assist them in being more proactive and engaged in their rehabilitation and return to work process.
- **Goal Setting – setting goals for rehabilitation and vocational direction**
The aim of this module is to assist the Job Seeker to identify and set realistic goals for the future (rehabilitation/RTW goals, vocational goals, treatment/functional improvement goals).
- **Increasing self-confidence and independence**
The aim of this module is to assist the Job Seeker in increasing their self-confidence to return to work and encourage the Job Seeker to become more independent in their rehabilitation and return to work program.
- **Stress Management – dealing with frustrations**
The aim of this module is to educate the Job Seeker about stress and help them to understand the impact that poor stress management can have on their well-being, the success of their return to work program and the increased risk of long-term disability. This module provides a variety of practical strategies (ie. cognitive, action-orientated and acceptance-orientated strategies) and assists the Job Seeker to identify strategies that are helpful for them.

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