

Mindful Employment Package



PROME

Develop. Empower. Achieve.

HOW WE HELP

Discover Our All-Inclusive Work Readiness and Well-being Program!

This support is tailor-made for those who are either seeking employment or returning to work, and it's designed to help you manage stress and improve your overall well-being. If you're struggling with unemployment, job loss, or work-related stress, our comprehensive package is the perfect solution.

We will provide you with coping strategies, resilience training, and mental health support to help you achieve success in your career journey. Let us empower you to attain work readiness and pave the way for a fulfilling career.

WHAT WE OFFER

OUR SERVICES

Initial Consultation:

Begin your journey with an in-depth consultation, where we gain a thorough understanding of your needs, goals, and unique circumstances.

Career Support and PNI-based Relaxation Sessions:

Experience specialised career support sessions infused with Psychoneuroimmunology (PNI)-based relaxation techniques. These sessions are designed to help you manage stress, anxiety, and depression while building resilience on your path to work readiness.

Follow-up Appointment:

After your initial sessions, we schedule a follow-up appointment to assess your progress, address any concerns, and fine-tune your personalised plan.

Personalised Relaxation Plans:

Benefit from tailored relaxation plans crafted to meet your specific needs, providing you with essential tools to maintain mental well-being and navigate the challenges of returning to work or finding new employment.

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Click the icon to
meet the team
and find out more