

ARISE EMPLOYMENT READY PROGRAM

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**MODULE 1:
EMPOWERMENT AND WELLBEING**



**MODULE 2:
FINANCIAL LITERACY TOOLKIT**



**MODULE 3:
FOUNDATIONAL WORK SKILLS**

Module 1

At Arise, we understand that the path to recovery from acute mental and emotional trauma needs support from wellness and self care services.

That is why we have developed our empowerment and wellbeing module, with specially-designed activities and workshops to nurture and relax the mind and body.

Module 2

At Arise, we want to empower women to be confident money managers, knowledgeably secure their financial futures and be financially independent.

Our bespoke, evidence-based financial literacy module is designed to increase our clients' financial knowledge base and ensure a future of inclusion and participation in family and civic life with a sound financial foundation.

Module 3

Our foundational work skills module will help our candidates establish themselves and be confident in the workplace. The module is designed to equip them with the essential soft skills and abilities that employers value most.

These core skills aim to support a solid process to achieve their goals and approach challenging situations, communicate, listen and work well with peers, and think critically to solve complex problems.

YOU WILL ALSO GET:

ONE-ON-ONE MENTORING

FURTHER EDUCATION & QUALIFICATION IF REQUIRED

WORK EXPERIENCE & PRACTICAL TRAINING

PAID JOB PLACEMENTS



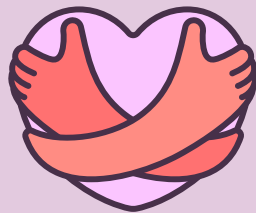
**Goal Setting &
Career Intention**



**Creativity &
Wellbeing**



**Mindfulness,
Confidence &
Self-Care**



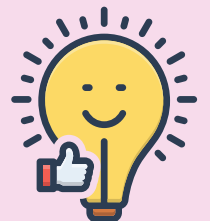
**Finding your
Voice**



**Conquer Self-
Doubt,
Uncertainty,
and Fears**



**The Confidence
Mindset**



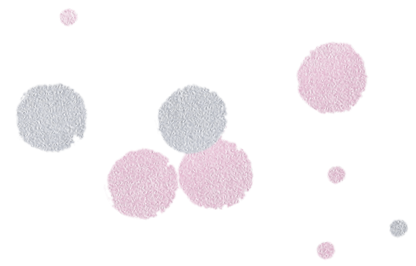
**Navitgating
through the
Australian Legal
System**



**The Importance
of Physical
Well-being**



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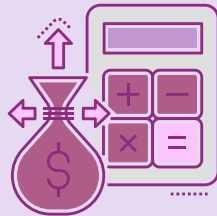
**Everyday
Money Matters**



**Your Money, Your
Goals, Your Life**



**Budgeting
& Saving**



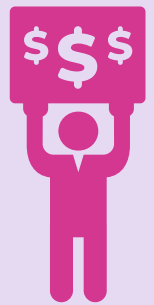
**Banking, Credit
Cards & Loans**



**Debt
Management**



**Legal Rights &
Financial
Resilience**



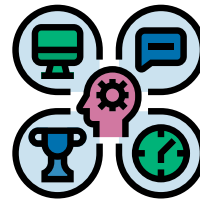
**Everything
Taxation**



**Superannuation &
Investment Basics**



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**Digital
Literacy for the
workplace**



**Communications
& Writing
Effectively**



**Building your CV
& Cover Letter**



**Critical Thinking &
Problem Solving**



**Building
Resilience**



**Emotional
Intelligence**



**Marketing
Yourself**



**Job Applications
& Interviewing**



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