



Mindset

PROGRAM

The Mindset Program is an opportunity to live a rich and meaningful life as it offers an effective way to reduce stress and anxiety, develop emotional awareness and deal with difficult thoughts and feelings, whilst living in accordance with one's own values.

**Need to talk
to someone?**

To make a referral or to find out more, please phone (03) 6224 1777

The Mindset Program assists you to:

- Be present in the moment
- Feel calm and peaceful
- Understand and live by what truly matters to you
- Increase self-awareness
- Become less reactive to stressful thoughts and feelings
- Be less emotionally volatile
- Enjoy better relationships
- Shift from self-defeat to constructive actions.

The Mindset Program offers opportunities to increase your knowledge and skills in navigating life's challenges with greater confidence and awareness.

Working together to empower you

www.thehivecounselling.com.au