Total Duration: 4 hours (1 x 4-hour or 2 x 2-hour sessions).

Facilitator: Degree/graduate diploma qualified, registered, insured counsellors, psychologists.

Overview: Designed to build real-world work readiness, confidence, and stability for people starting work for the first time, returning after a break, or rebuilding confidence after setbacks. BLUEPRINT develops the practical foundations needed to start and sustain employment, including routines, energy management, workplace behaviour, money basics, boundaries, safety, and confidence navigating employer expectations. Participants build self-awareness, practical skills, and realistic strategies they can immediately apply in real workplaces. They leave with a personalised 30-day work and money plan, strengthened confidence, and clear next steps. The program is fully mapped to Workforce Australia, TTW, and employability capability frameworks, directly supporting provider KPIs. Best of all, it is a zero-lift delivery, we manage all facilitation, workbooks, and reporting.

Format: Group session, 8+ participants, available face to face with facilitated conversations and a course book with assessments, and activities.

Part 1: Foundations for Showing Up to Work
Part 2: Staying Well, Safe, and Sustainable at Work

Learning Outcomes:

- Understand employer expectations and 'hidden job behaviours
- Build practical routines that support punctuality, attendance, and energy
- Identify personal strengths and how to apply them at work
- Develop effective workplace communication and boundary-setting skills
- Improve financial capability around pay, budgeting, and superannuation
- Increase self-efficacy, job retention, and confidence in work or training settings

COMPLIMENTARY
Customised Interactive Therapy Resources
Interactive Workbook (Value $60)
Recommended Resources