Overview: FLOW is a low-barrier, trauma-informed workshop helping jobseekers calm their nervous system, build self-regulation skills, and re-engage with training or work. Through simple movement, breathwork, and grounding activities, participants shift from stress or shut-down into focus, safety, and confidence.

It's fully mapped to IEA, Workforce Australia, and TTW outcomes, meaning it directly supports your KPIs. Best of all, it's a zero-lift delivery; we handle all facilitation, resources, and reporting.

Onsite delivery options	1 × 4-hour onsite group or 2 × 2-hour onsite group
Online delivery options	6 × 1-hour group online or 6 × 1-hour individual online
Allied health component	Delivered by ACA & PACFA approved counsellors
Onsite group referrals	Minimum 8 billed | Maximum 16 (16+ available with adjusted format/co-facilitation)
Cost per participant	Group: $690 + GST* Online group: $850 + GST Online Individual: $1500 + GST *Onsite group bundle offer: 2 workshops $1200 + GST
Post program commitment	Outcome summary, participation report and certificate

Part 1: Grounding & Safety: presence, stress literacy, recognising fight/flight/freeze.
Part 2: Regulation & Release: breathwork, movement, and sensory resets for balance.

Learning Outcomes:

- Stronger emotional regulation & body awareness
- Reduced stress-related disengagement
- Improved readiness for training, education & work
- Greater focus, confidence & resilience

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