

## **Wellbeing & Resilience Group Facilitators**

Hearts & Minds NZ, Inc. is a leading Community Development Agency with an integrated focus on wellbeing. We are currently seeking qualified, registered health professionals (Counsellors, Psychotherapists, Psychologists, Social Workers or Occupational Therapists) to join our pool of contracted facilitators delivering our Wellbeing & Resilience Programme.

Our Wellbeing & Resilience groups provide psycho-educational support in community settings across the Waitemata Region (North Shore, Rodney & Waitakere). The groups are designed to support people experiencing mild-moderate mental health issues such as anxiety and depression. Each group runs over a 6-8 week period, with 2-hour sessions taking place during the day, evening and/or weekends.

We are looking for warm, engaging facilitators with excellent listening, communication & interpersonal skills. You will be joining a fantastic pool of professionals and will play a pivotal role in improving the Wellbeing & Resilience of participants.

### **The role involves:**

- Facilitating weekly psycho-educational Wellbeing Groups in the North Shore, Rodney and/or Waitakere regions
- Completing required evaluations and paperwork on group completion
- Attending quarterly Group Clinical Supervision sessions
- Potentially developing group content as required

### **Required Knowledge/Experience:**

- Relevant tertiary qualification – counselling/psychotherapy/psychology
- Registration with relevant professional national body
- Community Health/Mental Health/Social Services Sector or related experience preferred
- Group facilitation experience
- Experience working with clients experiencing mental health concerns

### **Preferred Skills and Attributes**

- Warm, engaging manner with the ability to put others at ease and connect with diverse populations
- Skilled at managing complex group dynamics and conflict resolution
- Excellent listening, verbal and written communication skills
- Organised and efficient, with excellent time management skills
- Problem solving skills, ability to think laterally

### **What we can offer**

- Be part of a leading community development agency with an integrated focus on Wellbeing
- Friendly, supportive team
- The opportunity to make a real difference to those in need
- A full orientation
- Quarterly clinical supervision & access to support from our Clinical Supervisor as required
- \$100/hr. rate

**Applications close:** open on a case-by-case basis

**Please submit a cover letter outlining your interest, along with your CV to:**

karina@heartsandminds.org.nz