



when *life* works better,
business works better
Pai ake te oranga, pai ake te pakih



Providing you with online wellbeing tools and resources for *Effectively Managing Work and Life Challenges*

The Change Academy aims to help you with important life and wellbeing challenges and with improving your work-life balance

Services

- Online Mindfulness and Wellbeing courses
- Free taster online Mindfulness course
- One-on-one coaching and counselling
- Small group coaching
- Professional supervision for counsellors, psychologists, other health and helping professionals and managers
- Educational workshops for counsellors and coaches

The Change Academy's courses are centered around evidence-based practices. Angela creates a friendly and approachable learning environment with an emphasis on practical and 'do-able' strategies, and on breaking things down into small bite-sized chunks.

Angela Baker is a registered counselling psychologist who is passionate about wellbeing and resilience. She has designed and run workshops on many topics within her work for a social service agency, in a pain management clinic, as a career consultant and as a university student counsellor. In 2015 she was contracted to offer a course "Mindfulness: Helping You Thrive In Your Veterinary Work" for the N.Z. Veterinary Association. Angela also has extensive experience working one-on-one as a counsellor doing general, E.A.P, A.C.C. and sensitive claims counselling. She has a particular interest in working with anxiety, over-stress and overwhelm. She also does supervision, and has worked as a career consultant.

Contact:

To find out more contact Angela Baker at:
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BUSINESS CHALLENGE

Working to help you explore positive incremental steps that will take you confidently and surely to a better quality of life.

VITAE SOLUTION

Partnership with Angela and the Change Academy that provides Vitae customers with access to online mindfulness and wellbeing courses and tools supporting you to experience the benefits that mindfulness and neuro-science-based stress management tools can bring to everyday life.

BUSINESS BENEFITS

Help effect change that has you connecting more deeply to your sense of purpose through acceptance, a mindful approach and achievable and 'do-able steps'.



Angela Baker
*Counselling Psychologist,
Wellbeing Coach and Trainer*