

Relationships Australia & CUA – free seminars

CUA and Relationships Australia are working together to help Australians negotiate more effectively and achieve a better work life balance with a series of free seminars in Penrith, Newcastle, Castlereagh St Sydney and Wollongong. The seminars will be held over April and May.

“Just as your car runs more smoothly when the wheels are aligned, we tend to feel better about our lives when all the aspects of work, home, family, friends, community and self are in balance,” Anne Hollonds, Relationships Australia NSW CEO said.

“Both CUA and Relationships Australia are committed to helping all Australians to invest in their relationships and negotiate the bumps that life presents,” Andrew Hadley Group General Manager of CUA said.

The seminars will be held at:

Effective Negotiation	
Tues April 12	340 High St Penrith
Thurs April 14	4 – 6 Heddon Rd Broadmeadow
Mon April 18	Level 2, 175 – 181 Castlereagh St Sydney
Wed April 20	Level 1, 63B Market St Wollongong
Creating Work-Life Balance	
Mon May 9	Level 2, 175 – 181 Castlereagh St Sydney
Tues May 10	340 High St Penrith
Wed May 11	4 – 6 Heddon Rd Broadmeadow
Thurs May 12	Level 1, 63B Market St Wollongong

The seminars are provided as part of the three-year national business-community partnership program between Relationships Australia and CUA. The seminars run from 6pm to 7.30pm, they are free to attend and refreshments are provided. To book your place phone 02 9806 3299.

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About Relationships Australia

For over 62 years Relationships Australia has been helping people build resilient and positive relationships. We provide counselling for individuals, couples and families; relationship and parenting skills education and Employee Assistance Programs for companies among many other services.

About Credit Union Australia

As Australia's largest customer-owned financial institution, CUA is emerging as a competitive force in Australian banking. CUA provides banking services to more than 400,000 Australians across the country. CUA is 100 per cent owned by its customers, not shareholders with profits reinvested back in to the business. For more information, please visit: www.cua.com.au.

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