



Wellbeing Coaches

Not feeling like yourself at the moment?

Employment Solutions acts as a wrap-around service, providing links into Sonder's other wellbeing programs. Our skilled Wellbeing Coaches will work with you to help you overcome some of the difficulties experienced with settlement, long term unemployment, looking for work and more.

Your Wellbeing Coach can provide you with advice, support and assistance if you are:

- Having difficulties adjusting to your new home;
- Feeling down, stressed or can't stop worrying;
- Worried about your health or your family;
- Having difficulties with friendships or relationships;
- Having money trouble;
- Unable to sleep or concentrate;
- Experiencing loneliness.

If you need help

Sonder is not an emergency service. If you are experiencing a crisis or imminent life-threatening situation, please contact one of the following services.

Emergency Services 24/7 000

Lifeline 13 11 14

Mental Health Triage Service 13 14 65

Kids Helpline 1800 551 800

Suicide Call Back Service 1300 659 467

Contact us

 PO Box 421, Elizabeth SA 5112

 (08) 8209 0700  (08) 8252 9433

 info@sonder.net.au  sonder.net.au

 SonderSA  Sonder_SA



Sonder acknowledges the Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia.

We recognise the cultural, spiritual, physical and emotional connection to their land. We pay respect to the Elders past, present and emerging.

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Employment Solutions

Support for migrants and refugees who receive income support payments and need help with finding employment



Are you a migrant or refugee looking for work?

Employment Solutions is a program aimed at migrants and refugees who receive income support payments and need support with finding employment.

The service is entirely voluntary and is not connected to Centrelink Job Service Providers.

Sonder's employment programs are based on a successful evidence-based model known as Individual Placement Support (IPS) which has been implemented in Australia and internationally with outstanding results.



What do we offer?



Guidance along the entire way

Our Career Coaches will guide you along the entire journey towards employment, including job searching and writing resumes.



Voluntary service

Our service is free. We are separate from Job Active and the Department of Education Services, so you can work with both Sonder and other job services.



Continuous support

Following employment, we provide continuous, on-the-job support for as long as you need.



Safe, confidential and friendly environment

Our friendly staff will provide you a safe, confidential and judgement-free service.

Am I eligible?

To be eligible for this program, you must:

- Be a migrant or refugee aged between 16-64 years;
- Hold a valid Visa with working rights;
- Be receiving an Australian Government income support payment;
- Speak English proficiently;
- Live in the council areas of Playford, Salisbury, Tea Tree Gully, Campbelltown, Port Adelaide Enfield, Charles Sturt, Marion, Adelaide, Prospect or Walkerville and;
- Be ineligible to participate or not participating in the IPS Program funded by the Department of Social Services.

Who are the staff?

The Sonder Employment Solutions staff are skilled Career Coaches and Wellbeing Coaches.

Your Career Coach will guide you along the entire journey towards employment and provide you with assistance tailored to your needs and aspirations.

Your Wellbeing Coach will help you overcome some of the difficulties and barriers experienced with settlement, looking for work, long-term unemployment and more.

What will the program involve?

Your Career Coach will work with you to:

- Complete a vocational assessment to identify the jobs you would like to do;
- Help with writing resumes and cover letters;
- Prepare for interviews and starting work;
- Speak to employers to identify job opportunities;
- Help manage the requirements of Centrelink and Job Service Providers;
- Speak with your employer to work through any challenges that arise;
- Provide continuous support for as long as you wish, after finding employment.

How do I access the service?



You can self-refer by calling us on (08) 8209 0700 or completing our online referral form via sonder.net.au/employment-support-for-migrants-and-refugees

Referrals can also be made by community organisations and employment services.