



MAKING YOU THE PRIORITY!

**Thursday 16th May
10am- 2pm
Boat Harbour**

ABOUT YOUR DAY

Have you forgotten who YOU really are underneath all the hats you wear?

Are YOU not feeling fulfilled in all areas of your life? You're definitely not alone!

Gather with a small group of like-minded women for a relaxed session of wonderful guided processes to rediscover what it means to be authentically YOU. Get to know and reconnect all parts of YOU (physical, mental, emotional, spiritual) and begin to create greater balance and fulfillment in your life. Learn how beliefs and boundaries can impact your life, for better or worse.

In a nurturing and friendly environment you will have opportunity to learn, share, explore, and give yourself the attention you deserve.

Includes all resources and a light lunch.

A worthy \$88 investment in
YOU *and your future self!*

A circular inset image showing a close-up of two hands, one from a woman and one from a man, gently holding each other to form a heart shape. The background is a soft-focus image of a person's face.

***The first
workshop was
SO well received,
I'm doing it again!***

A workshop for women to learn to feel valued, confident and be able to put themselves first (guilt-free).

FIONA BROWN



A coach, speaker, best-selling author, NLP Master Practitioner, Reiki Master, and leader in the fields of personal development, mindset and well-being, Fiona wholeheartedly walks her talk.

Fiona is a natural teacher and guide with a grounded, soulful presence. Her strength of character, dedication to her work, and belief and faith in the innate goodness of people, enables her to guide others into stages of growth they never imagined achieving.

Fiona managed an award-winning coaching program, has facilitated hundreds of workshops and training sessions in-person and online.

A self-confessed lover of living bravely outside her comfort zone, she supports others to make the uncomfortable comfortable and the seemingly impossible come to life.

Book in today!

**www.youtopiawellbeing.com.au
or call 0407 727 083**