



WOMEN'S GROUP COACHING PROGRAM

6 sessions over 3 months
Tuesdays, 5:30pm to 7:00pm
In person - Boat Harbour



May 16 & 30
June 13 & 27
July 11 & 25



"Are you ready?" Klaus asked finally.

"No," Sunny answered.

"Me neither," Violet said, "but if we wait until we're ready we'll be waiting for the rest of our lives."

Lemony Snicket, *The Ersatz Elevator*

THE PROGRAM

Gather with a small group of like-minded women while you learn valuable skills, explore new concepts, create new behaviours, and set and achieve your own authentic goals.

In a comfortable and friendly environment you will have opportunity to talk, share, discover, and support each other.

Each session is themed for new learning and growth with a facilitated and focused discussion. Topics may include building boundaries, balancing emotions, changing patterns of behaviour, finding flow, cultivating confidence, exploring levels of consciousness, meditation, nurturing relationships, self-awareness and reflection.

Includes:

- 6 Group coaching sessions
- 1:1 conversation before first session
- Handouts
- Beverage and snacks.

YOUR COACH FIONA BROWN



A coach, speaker, author, and leader in the field 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 has managed an award-winning coaching program, facilitated hundreds of workshops and training sessions, is a two-time Amazon best-selling co-author with her first solo book being released in August 2023.

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.

Register at.....

www.youtopiawellbeing.com.au