

# 2025 IS YOUR YEAR

## TURN THE SPOTLIGHT ON YOUR WELLBEING

Refresh Your Life by joining our monthly 'Wellbeing Wednesday' series prioritising your health and wellbeing. Take charge amid continual change. **MAKE IT HAPPEN • DREAM - BELIEVE - ACHIEVE**



### Do you see yourself as a priority?

We all have the same 10,080 minutes in a week.  
The same 8,769 hours in a year. We can't change that.  
**BUT** we **CAN** control what we spend them on, where we spend them,  
who we spend them with and how we spend them!

*Make looking after you a priority. Change is hard by yourself.*

Together we will support you to develop tools, techniques and habits that will spark an inner drive within you to be the best you can be for yourself, your family and your work life.

### Join us for our monthly 'Wellbeing Wednesday' online slot, exploring:

- Celebrating our Strengths • Being clear on what you stand for • Choosing the stories you tell yourself •
  - Knowing your triggers • Uncovering your blind spots • Forming positive habits •
  - Setting boundaries around low-value work • Saying what needs to be said •
- Growing yourself to be emotionally savvy • Exploring the spirit of enduring relationships •

These are interactive Zoom hui. We will encourage your input to ensure each tutorial meets your current needs.



- **7 x 1 hour Zoom sessions**
- **4.00pm to 5.00pm** commencing 25th June 2025 through to 26th November 2025

**INVESTMENT:** \$245 + GST

Scan here for more information or to register



We'd love to continue supporting your journey with ongoing mentoring and professional development!

Contact us to explore how we can keep building quality teaching together.



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