



Sharing stories, finding solutions

KWP presents

Kiilalaana – a session around courage and showing up!

Shantelle is known as the Barkindji Warrior and lives to help others find their Warrior Within – be and lead from the heart, live courageously and dare greatly.

In this virtual session Shantelle will share two key concepts that she believes are foundational skills for being able to lead our best life and show up and do our best. Courage and How we show up. What does courage mean, why it is important to us, and how we can all grow courage in our lives. Why does showing up matter, understanding how we show up in the different areas of our lives impacts our experiences.

What you will get from this workshop

- *What does courage mean and why does it matter?*
- *How you can build more courage in your life*
- *Resources on where to learn more about courage*
- *Understand how you show up impacts your experiences and future opportunities*

Workshop details

When: Wednesday 13th May

Time: 11am – 12:30pm

Registration is a must. We'll share the zoom ID on the day.

Please register by contacting our Koori Women's Place team on 9244 3333 or kwp@djirra.org.au

1800 105 303

www.djirra.org.au

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