



Sharing stories, finding solutions



KWP presents

Getting unstuck with Yolanda Finnette

If you feel a bit overwhelmed and stuck in a rut then the Unstuck workshop is for you. Join Yorta Yorta Certified Holistic Life coach for a workshop to learn techniques and strategies to move you back into your flow and rhythm.

Through a combination of interactive activities, reflective exercises and proven guidance you'll feel motivated, energised and ready to take action.

This workshop is especially for you if you're ready to

- Stop feeling stuck and to take action towards your goals
- Feel focused and productive
- create new habits that work
- stop procrastinating and self-sabotaging your success

Workshop details

When: Friday 9th June

Time: 11:00am - 12:30pm

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

KWP workshops are free and open to all Aboriginal women

Places are limited, 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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