



Sharing stories, finding solutions



KWP presents

# Fearless Flow: Mastering Mindset for Unshakeable Confidence

*Come join Yolanda as she supports us to unlock our inner confidence, ditch the self-doubt and reconnect to our full potential by embodying self-worth, self-love, and self-compassion.*

*Yolanda is a certified, award winning holistic life coach, holistic counsellor, consultant, and wellbeing weaver whose practice honours Identity, Sovereignty and Reconnection.*

*Through self-reflection exercises, you will gain a deeper understanding of your strengths and areas for growth, contributing to personal development and overall wellbeing.*

*Workbook, meditations, and additional resources provided to all participants.*

*A workshop truly not to be missed.*

## Workshop details

**When:** Friday 26th April

**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](mailto:kwp@djirra.org.au)