



Wellness Mindset Workshops

Monday 28 November 2022 - 6:30-8:00pm
Wednesday 08 February 2023 - 6:30-8:00pm

*Tips for
a healthier,
happier
life!*

Studies from around the world have shown that people who work on their mindset improve or exceed the desired results in their goals, learnt and integrated new habits in their lives, and achieved more over time.

Are you ready to up-level your Mindset and tap into the power of your thoughts to create the lasting Health and Wellness you desire? Then come along to Maria's Wellness Mindset Workshop.

In this Workshop you will:

- learn the fundamentals of the subconscious mind and how we program it
- learn about your beliefs and conditioning, and how they may be blocking you from achieving your health and wellness goals
- gain clarity for your wellness vision, and
- learn tools to become aware of thought and behavioural patterns and how to reset and up-level your Mindset towards an empowered version of you!

Location: Casuarina Library Community Room, 17 Bradshaw Terrace

Cost: \$10 per person

Bookings essential!

Contact: Maria - Movement and Mindset Coaching on 0427 997 642 or maria@movementandmindsetcoaching.com



maria van der geest
MOVEMENT & MINDSET COACHING



www.darwin.nt.gov.au/community/programs/healthy-darwin
P: 8930 0419 | E: healthydarwin@darwin.nt.gov.au



Healthy
Darwin