



Well-Be-ing Webinars

Applying the principles of Positive Psychology, Natural Therapies and Group Counselling, Gabrielle and Wayne bring a wealth of wisdom to any workshop on the Art and Science of Well-Be-ing. Using their expansive toolkit, they share solutions and creative methods to address many of life's conundrums, so that the listener can draw from the 'well', what they need.

Webinars are a great alternative to live group sessions, when participants are working or living remotely and would otherwise be unable to attend a live program.

There were so many lightbulb moments for me throughout the sessions... I absolutely will not forget the importance of mindfulness as I take on leadership roles in all areas of my life.



For more information, please contact gabrielle@freespiritruenorth.com.au