



**#5 Holding Space
for Self and Others**
**Mindfulness
Meditation**

Agenda

- Welcome
- Mindfulness Meditation Special Guest:
Clinical Psychotherapist, Margie Braunstein
- Resource - Living with worry and anxiety
amidst global uncertainty
- Connecting In
- Prize Giveaways

Margie Braunstein



Clinical Psychotherapist
Sydney, Australia

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Connecting In



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Living with worry and anxiety amidst global uncertainty

Dr Matthew Whalley & Dr Hardeep Kaur
Psychology Tools Ltd



Group Time

FUN and PRIZES

Gift Certificate



Meditations

Congratulations you have won

14 Guided Meditations

You can look at each one and their purpose on the website

www.truefrequency.com.au

Meditation can help to clear your personal energy and ground and stabilise your mind.

Please contact Penny at penny@truefrequency.com.au
so that your meditations can be delivered to your inbox



ONE FREE LIVE WEBINAR

Not Another Icebreaker: 10 Activities for Groups

Friday 8th May 10.00 - 11.30am AEST

OR

Sandplay Therapy: Not Just for Children

Tuesday 12th May 11.00am - 12.30pm AEST

OR

Mindfulness Meditation

Thursday 14th May 11.00am - 12.30pm AEST



Mindfulness

Mindfulness Meditation Webinar

Margie Braunstein

Thursday 14th May

11.00am - 12.30pm AEST

\$40



**Supporting Children
with Sensory Processing Issues
Monday 4th May
9.00am - 10.30am
AEST
Register Now**

