

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



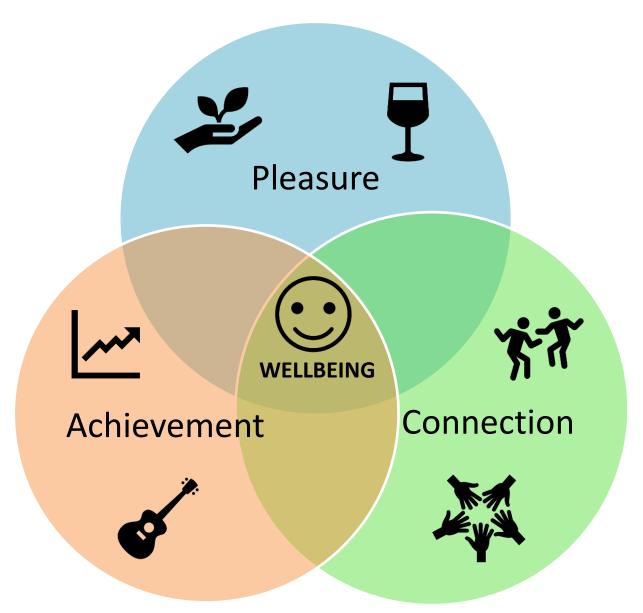
Connecting In



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



