



## 1 Day Workshop

Create your own vision board for 2019 in this interactive wellness workshop to inspire you for the year ahead.

**When:** 9 March, 2019

**Time:** 10.00am - 4.00pm

**Where:** Burwood RSL,  
96 Shaftesbury Rd, Burwood NSW

**Cost:** \$197

### Trainer Jacki Short

Registered Counselling  
Psychologist, Play Therapist  
and Supervisor



## About the Workshop

Imagine and create the year you want in this day of creation and collag . A vision board is a tool used to help clarify, concentrate and maintain focus on specific life goals. We will engage in practical exercises to reflect on the year ahead before using collag  and art materials to create individual vision boards. Your vision board will display images that represent whatever you want to be, do or have in your life this year. Discover the fun and focus in vision boards for self care, goal setting, inspiration and the chance to really look in.

### You will have the opportunity to:

- Identify your vision and give it clarity
- Keep your attention on your intentions
- Create your own vision board for 2019
- Reflect in ways that are comfortable for you
- Work in the safe environment of a small group

### Who should attend?

Women and men interested in a warm and friendly non-pathologising space for thinking about, "How am I?", "What do I need?" "Where am I going?". This day offers self reflection, self care, relaxation and self recognition. It is open to all who are interested in self discovery and self expression in safety and with fun and joy.

**All welcome. No artistic experience or skill is necessary.**