

Wellbeing: Movement

Start the day with some gentle movements to warm you into the conference day ahead. Get grounded and connected.

Presenter: Cathy Williams



Cathy Williams is a Community Facilitator & Trainer, specialising in Somatic Movement and Expressive Arts Therapy. Cathy has worked in the field of Community Development both within Australia and Internationally for 16 years, designing and implementing a number of grassroots community, youth and social justice programs focused on capacity building. She has facilitated programs for children, young people, at-risk marginalised groups and those with trauma experiences. Her approach is client-centred, trauma-informed, encouraging agency and creative self-discovery, equipping with tools and integration for expression and regulation. As Founder of 'Intuitive Self', her training and offerings support professionals to become more embodied practitioners, learning safe-enough practical application for weaving body-based healing, movement and creative art therapy into their client experiences and group work.

Presenter's Professional Affiliations

Community Facilitator & Trainer, specialising in Somatic Movement and Expressive Arts Therapy.

Founder of 'Intuitive Self'.