



“Understanding Self Worth - your key to unlocking the confident you”

Lack of Self-Worth and Self-Doubt are the all too well known terrible twins that sabotage women from an otherwise steady confidence and inner authority.

For some of us, reaching our goals or feeling settled with our accomplishments is short lived with a struggle to appreciate the value of what we've contributed, and for others, we can never seem to get to that place of settlement already second guessing our every step before we take it. This can affect our relationships from deepening, changing negative thoughts or behaviours, prevent us from expanding in our professions and more.

But why has it become so normal to not feel good enough in who we are and what we can do? Are we coping with this 'new norm'? Is it possible to change it?

Natalie Benhayon presents in this 'Women in Livingness' workshop series an in-depth yet practical view on how we can support ourselves to break free of this cycle and re-establish a consistent sense of settlement in ourselves which is not a push of one's mind over the body, rather a wholesome approach to our physical, mental and emotional wellness.

About the presenter

Natalie Benhayon, Founder of Esoteric Women's Health and the Women in Livingness initiative is an international presenter and practitioner in women's health. Her presentations are practical, deep and relatable and have supported countless women around the world to reconnect to their own self-worth and inner confidence.

Date | **Sunday 8 July 2018**

Time | **10am to 3pm** (registration from 9:30am)

Venue | **LT2 at The Capital (through the Regent Theatre)
Level 2, 155 Queen St, Brisbane City QLD**

Investment | **\$80** Concession | **\$65**

Herbal teas will be provided. Please bring your own lunch
or purchase from the cafes/shops nearby.

*This event is for women only. Over 13 years of age recommended.
Please contact us if someone under that age would like to attend.*



Parking

King George Square
Carpark - \$5/day

Myer Centre Parking
- \$10/day



Booking

To book and pay visit
womeninlivingness.com/events

Bookings close
Friday 6th July 2018 @ 6pm



Public Transport

Bus or train to
Brisbane Central
and a short walk to
Queen Street

The Women in Livingness Workshops are engaging, educational and inspiring, and an open forum for us to explore the possibilities of what well-being is, and to re-establish our inner-knowing of this living way. Join us and many women for a one-day workshop to explore this topic through presentations and group discussions.

For more information

✉ **info@womeninlivingness.com**

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