

walking STRONGER

Know your Ground | Dream the Change | Walk it into Being

GROUP WORKSHOP

Feeling stuck - emotionally, spiritually, or in life direction?

walking STRONGER is your reset

This culturally safe, strength-based **workshop** offers space to pause, reflect, and take steady steps forward. It's not therapy or a lecture - it's a day to release what's heavy, reconnect with what matters, and walk your own track with purpose and pride.

You don't need to have it all sorted - just be ready to show up. The journey unfolds across three powerful key phases.

KEY PHASES

1 *Know Your Ground* - Explore your values, strengths, and story

2 *Dream the Change* - Let go of the weight and find direction

3 *Walk it into Being* - Take real steps forward with purpose and support

WHAT YOU GAIN:



Power to shift how you see yourself & your journey



Tools to manage stress & big emotions



Practical steps toward work, study & healing



A personalised wellbeing plan to guide your walk

REGISTER NOW



- Full-day or two half-day group workshop
- 🍴 Lunch included
- 👤 Follow-up: Register for up to six one-on-one support sessions
- 🎁 \$150 shopping voucher upon completion



Contact Us
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For More Information
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