

walking STRONGER

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

1-on-1 SUPPORT

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

walking STRONGER offers six **one-on-one sessions** to help you reflect, reset, and move forward - in your own time, in your own way.




This isn't therapy or a service. It's a culturally safe space to let go of what's been heavy, reconnect with what matters, and build a track forward - steady, strong, and shaped by your story.

KEY PHASES

- 1 Know Your Ground** - Reflect on your values, strengths, and the stories that shaped you
- 2 Dream the Change** - Release what's been weighing you down and rebuild hope, clarity, and motivation
- 3 Walk it into Being** - Take practical steps toward life, study, or work - supported by tools and purpose

REGISTER NOW



-  6 x one-on-one sessions (50-60 mins each)
-  In person or online delivery
-  Culturally safe and confidential support



WHAT YOU GAIN:



Space to reflect and reset



Tools to manage stress and emotion



A personalised plan built around your strengths



Support to move forward in a way that fits your life

Contact Us
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For More Information
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