

The Ultimate Girls Week Away Retreats **FIJI 2020** **WORKSHOPS &** **FACILITATORS**



ENJOY A WEEK PROGRAM OF
INSPIRING TALKS & WORKSHOPS

15-22 FEBRUARY 2020
PLANTATION ISLAND RESORT, FIJI



FIJI 2020 WORKSHOP FACILITATORS

15-22 FEBRUARY 2020
PLANTATION ISLAND RESORT, FIJI

It is with great pleasure that I introduce to you our highly specialised team of speakers and workshop facilitators who you will not only get to know, but will learn from at our Ultimate Girls Week Away Retreat in Fiji.

Every facilitator has been personally selected by me based on my years of experience of running retreats, and building a fantastic network of some of the finest women I know, who are making a huge impact in this world.

Not all of them you will know... and this is just it, I really wanted to showcase how your gifts can be utilised in many different ways - so that you don't keep 'thinking about it'... instead you get out there and start living your dream - what ever that is for you.

Personally I wish the retreat could go for a month so you can experience all of the goodness from our Facilitators! However, I've resigned to 7 days, and promise there will be plenty of opportunity for you to meet them all in Fiji - that's for sure.

Enjoy & I look forward to getting to know you personally too.

Liesel

CEO & Founder of
The Ultimate Girls Week Away Retreats
& Retreats for Resorts



THE RETREAT EVERY WOMAN NEEDS
WWW.ULTIMATEGIRLSWEEKAWAY.COM

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ELIZABETH GILBERT
NEW YORK BEST SELLING AUTHOR
WWW.ELIZABETHGILBERT.COM

OFFICIAL UGWA VIP WISDOM KEEPER

During two days of your UGWA retreat experience, enjoy the presence and words of wisdom from the woman who has touched our hearts and minds through the many pages of her books such as *Eat Pray Love*, *Big Magic* and her latest novel *City Of Girls*. Liz will share both a presentation and her infamous 'Big Magic: Creativity Workshop' where you'll learn why perfectionism, originality, and passion are overrated and why we should instead strive to be authentic doers who follow our curiosity.

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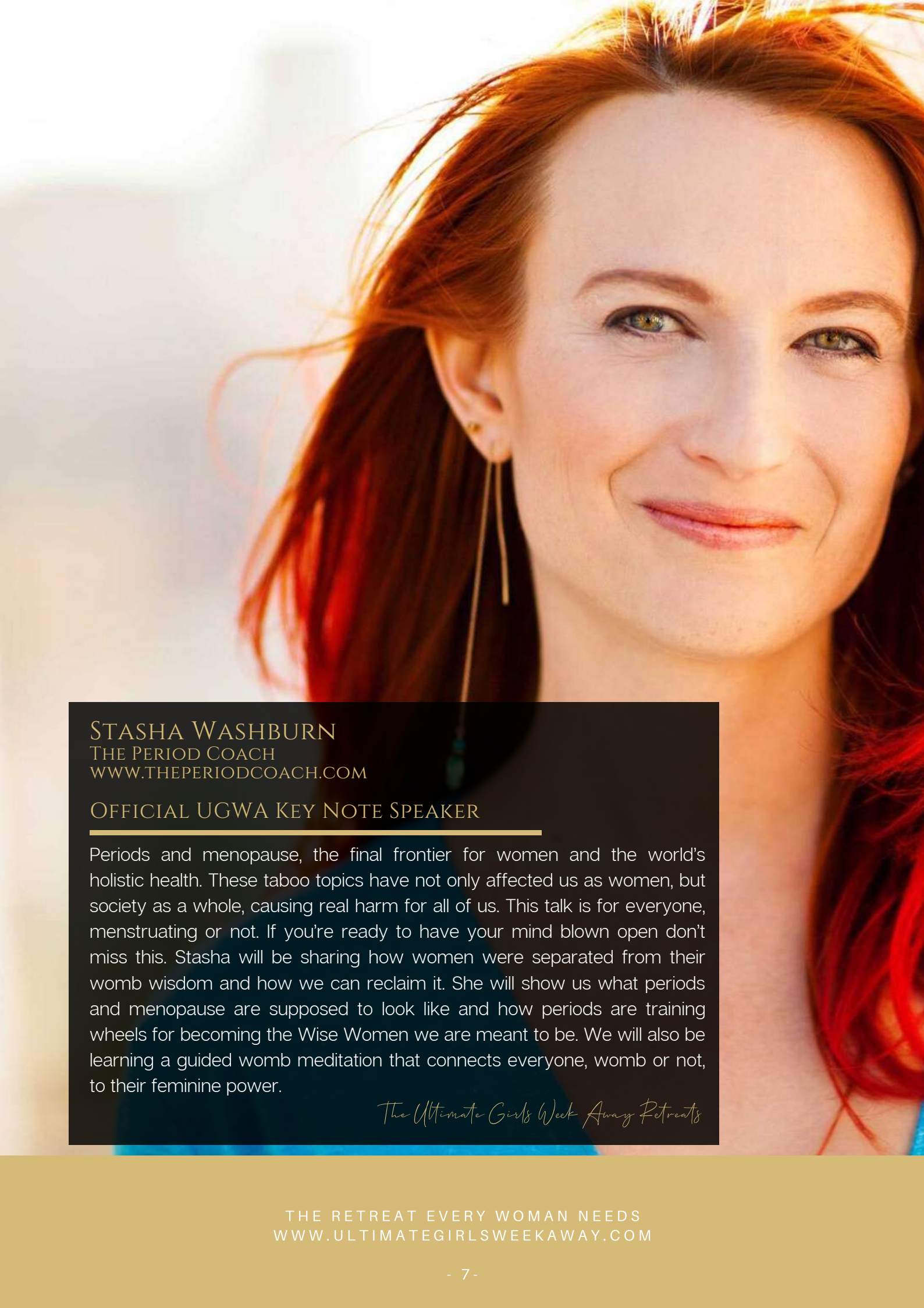
SHANNON BUSH
CHIEF LIBERATOR & THRIVE ACTIVATOR
WWW.CREATIVEPOSSIBILITY.COM.AU

OFFICIAL UGWA KEY NOTE SPEAKER

To thrive or not to thrive? Surely the ultimate question every woman explores as you seek a life that's richer, expressive and increasingly effortless. Join Shannon Bush, author of *The Thrive Factor* and founder of Thrive Factor Archetypes as she guides you to reacquaint yourself with lost dreams, bold visions and the depths of your innate potential. You'll feel engaged with life, excited about the future and motivated to give yourself permission to thrive.

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STASHA WASHBURN
THE PERIOD COACH
WWW.THEPERIODCOACH.COM

OFFICIAL UGWA KEY NOTE SPEAKER

Periods and menopause, the final frontier for women and the world's holistic health. These taboo topics have not only affected us as women, but society as a whole, causing real harm for all of us. This talk is for everyone, menstruating or not. If you're ready to have your mind blown open don't miss this. Stasha will be sharing how women were separated from their womb wisdom and how we can reclaim it. She will show us what periods and menopause are supposed to look like and how periods are training wheels for becoming the Wise Women we are meant to be. We will also be learning a guided womb meditation that connects everyone, womb or not, to their feminine power.

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ROMANY ROMANY
MAGICIAN, AUTHOR & SPEAKER
WWW.ROMANYMAGIC.COM

OFFICIAL UGWA VIP PERFORMER

Romany travels the world performing her beautiful visual magic uplifting hearts and making people giggle. Called "A cross between Bette Midler and Mary Poppins" by Time Out, she is a headline act on luxury cruise ships, parties and theatres. But it took a long time for this to happen. Romany is going to reveal the real secrets and methods behind living a magical life so that you can use them to find your own passion, joy and spark. Author of *Spun Into Gold - The Secret Life of a Female Magician*

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PANEL DISCUSSIONS

PANEL #1: WOMEN & SUSTAINABLE SUCCESS

PANEL #2: THE MODERN STRUGGLE - CONNECTION

PANEL #3: SEX, LOVE & COMMITMENT

PANEL #4: NAVIGATING TRANSITIONS



LISA ENTWISLE

LIFE, CLARITY & WELLBEING COACH & PODCASTER
WWW.WELLTHYLIVING.COM

OFFICIAL UGWA PANEL DISCUSSION FACILITATOR

Lisa is a deep and creative generalist with a focus on personal and professional wellbeing. She has 20+ years of experience helping people achieve their health and lifestyle goals in a way that's unique to their personality and style. With a strong belief that self-knowledge is key to life success, she skilfully shares and curates knowledge, wisdom, and people to guide others to live a well life. As a curious conversationalist, Lisa will be facilitating four relevant, insightful and thought-provoking panel discussions from the main stage at UGWA.

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PANEL DISCUSSIONS

PANEL #1: WOMEN & SUSTAINABLE SUCCESS

Are women comfortable with their own power, the power of each other, and how do we unapologetically be ourselves whilst making allies not enemies? In this conversation we will explore the topic of boundaries and how our need for approval, people pleasing and belonging impacts our choices and our success. We will discuss our connection to self and others, why women compete and the benefits of sister support. We will talk about the influence of judgement, opinions and feedback and how they differ, as well as ways to navigate them.



TAMMY PIKE



SILFATH PINTO



RADZY CASSIDY

PANEL #2: THE MODERN STRUGGLE - CONNECTION

Globally, we are more connected than ever with technology, yet reports of loneliness continue to rise. Digital innovation has changed the landscape of how we interact, altering the dynamics of how we communicate and relate (& even date!). The art of real conversation - is it being lost or is it just evolving? How do we develop empathy, resilience, and humility online? and is our ability to develop these human qualities in the 'outside' world being affected? We will talk Information overload, the impact it has on our brain and mental health, and is technology the problem or is it the way we choose to interact with it?



JO JOHNSON



KERRY SLATER



SARAH RICHARDSON



PANEL DISCUSSIONS

PANEL #3: SEX, LOVE & COMMITMENT

Let's talk about sex, baby! (Did you just sing that in your head? - haha, us too!) In this juicy conversation, we will dive into how the modern relationship has evolved over time and the panelist will share their unique stories about open relationships, betrayal, expectations and sex & love addiction. We will discuss how our choices are impacted by our own beliefs, conditioning, and experiences while we venture into rarely spoken about topics such as self-pleasure, libido, orgasms, porn, and even how our sex life influences other areas of our life. We can't wait for this orgasmic conversation.



DIANE DIVONE



MELANIE MIDEGS



KATE KAZONY

PANEL #4: NAVIGATING TRANSITIONS

In this conversation, we explore examples of transitions, including career changes, relationship breakups, motherhood, ageing, menopause, and how to bridge the gap between knowing things and taking action. How do we embrace the beauty and power of transition? and what can we do to cope with the stress, anxiety, shame and discomfort that may arise? Caring verses over-caring, support versus dependency, quietening your inner critic, the line between being a victim and playing the victim - are areas we will explore in this insightful conversation. Let's turn lemons into lemonade.



LISA HARTWELL



KIMBERLEY DANZA



DOMINIQUE OYSTON



ALISON MARLOW
ENGLAND

PERSONAL COLOUR & STYLE CONSULTANT

Alison became passionate about Personal Colour Analysis after experiencing a dramatic transformation during a House of Colour consultation. As a Natural Healing Practitioner, Alison experienced how wearing the right colours can bring visual harmony to your look. This triggers an alignment from the outside in, instantly lighting you up from the inside out, so you radiate a natural confidence that's visibly magnetic.

SHINE BRIGHT YOUR LIGHT WITH COLOUR WORKSHOP

Discover:

- **How changing your colours will change your life**
- **90-Second Makeup - your secret weapon for greater credibility**
- **The Capsule Wardrobe - saving you time, space & money**

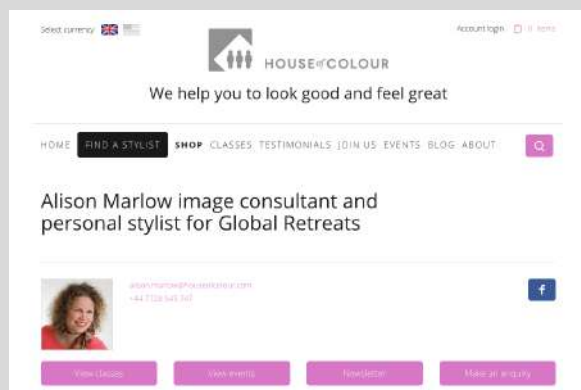
Radiate your divine inner nature for a more visible, authentic and confident you...

Research conducted by sociolinguist Albert Mehrabian reveals 55% of a first impression is based upon the way you look and the way you carry yourself. The way you carry yourself is largely affected by the way you feel and the way you feel can change according to the way you look.

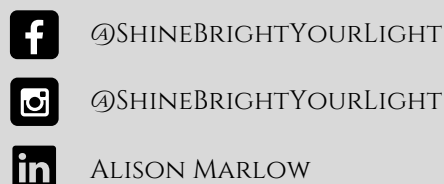
Your presence is one of your greatest assets for it colours the way the world perceives you and inevitably sets the tone for the interaction that follows.

No amount of time, effort or money spent on your appearance will Shine Your Light as Bright as when your visual expression harmonises with your Natural Self. Look great, feel amazing!

WWW.SHINEBRIGHTYOURLIGHT.COM



CONNECT WITH ALISON:



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WWW.ULTIMATEGIRLSWEEKAWAY.COM



CHRISTINE FARNHAM
AUSTRALIA

ENERGETIC HEALER

Christine's passion is to help others heal, realise their true potential and soul path. A trained practitioner and trainer of ThetaHealing® technique, Reiki, Meditation and using Essential Oils, her techniques help to ease the stresses of the world, and instead amplify the feelings of calm, peace, joy and happiness. When these feelings are combined with clarity of vision, her clients become unstoppable. Energetic Healing changed her life, and she now uses every opportunity to bring this work to others to change their lives for the better as well.

RECLAIM YOUR LIGHT WORKSHOP

Discover:

- Revisit and/or discover your purpose in life
- Find those sneaky sub-conscious blocks holding you back
- Learn techniques to shift them

Lost your zest for life? Rediscover the flame that propels you out of bed every morning, feeling motivated to create the life you keep dreaming about.

In this workshop Christine uses a combination of Intuitive Energetic healing tools, including ThetaHealing® technique and meditation processes, to show you how you can re-ignite your inner 'Spark'.

Even the most successful and on purpose women have moments of feeling stuck, overwhelmed, and lost in amongst bringing their vision to fruition. It's natural, so be ready to leave any judgements at the door... this is a safe space to be real and get your mojo back.

Clarity is a game changer. When you have clarity your energy enhances, your productivity goes up and it's hard for anything to hold you back. Leave this workshop feeling confident in your direction, how to set clear boundaries, and be comfortable to put yourself first to achieve the nudge you keep receiving from the universe.

WWW.ETERNALLOTUS.COM.AU



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CONNECT WITH CHRISTINE:



@ETERNALLOTUSMERIMBULA



@ETERNAL.LOTUS



DIANE DIVONE
UNITED STATES OF AMERICA

WELLNESS & LIFE COACH

Diane's approach to Wellness Coaching and Therapy is unconventional and powerful. She has extensively studied many different forms of alternative healing modalities. With over 25 years of living these practices they have become embedded into who she is rather than what she does. Through her deep love of exploring her emotions and her intense desire to continually understand and connect to her body, mind and spiritual self she has developed a system/technique called The Art of Emotional Connection.

LET'S TALK ABOUT SEX - COMING HOME TO YOUR BODY WORKSHOP

Discover:

- What arousal, intimacy, sensuality & sexuality means to you
- Learning new ways to love can change your life
- Experience a safe & supportive space to explore

As Women, nurturing is in our Nature. Therefore, we hold all the wisdom of the earth and the Universe within us.

What do you need to reclaim, renew, recharge and remember your Inner Eros? Your sexual vibrancy? Your inner life-force?

You will be invited to become curious about your internal dialogue around your body responses and sensations. We will collectively become playful and childlike reclaiming those parts of ourselves to reignite the wonder, imagination and adventure that resides inside each of us.

Remembering your erotic self automatically stimulates your senses and a switch will be turned on to your passions whether you are eating, walking, dancing, laying on the beach or making love to yourself. Your arousal for life will move forward and be known and seen once again or maybe for the first time. This type of awareness helps bring forth an enthusiasm for living because you are being invigorated by your own thoughts, desires and actions.

WWW.DIANEDIVONE.COM



CONNECT WITH DIANE:





DOMINIQUE OYSTON AUSTRALIA

VOICE VISIONARY

Experience insight, training and healing from an international Opera Singer, Speaker and Thought Leader. Dominique Oyston is an intuitive voice and performance expert, ancient wisdom specialist and transformational coach. She stands at the leading edge of the evolution of sacred feminine re-awakening. With 25 years experience on the international stage Dominique now empowers women to embody their potential, self-expression and gifts through her Goddess Voice Academy programs, events and performances.

SPEAK WITH POWER WORKSHOP

Discover:

- How to use your voice to manifest your dream life
- Keys to impact connection and authority in speaking
- Your lineage of feminine power and how to embody it

We all have a voice that longs to be seen and heard. You are MEANT to use the potential in your voice to fulfil your unique calling, and are probably only using 10% of what your voice could be and do.

Learn breakthrough strategies that help you understand your voice as a pathway for transformation, motivation and inspiration. Understand how YOUR voice is programmed to serve your soul purpose and how to set it for business success.

Connect to the gifts encoded deep in your voice, to empower your communication skills, overcome your fear blocks, and unlock your gifts.

Experience an exquisite guided song healing meditation to open up your intuitive connection and anchor your transformation. You'll understand your primary sabotage mechanism and experience a radical healing of self-doubt. You'll be guided to tap into your power and presence to up level your frequency, intuition and manifesting abilities. Discover, empower and implement with a select group of heart-centred women why YOUR voice is amazing.

WWW.GODDESSVOICEACADEMY.COM



THE GODDESS
VOICE ACADEMY

HOME COURSES SERVICES RETREATS PROGRAM LOGINS TESTIMONIALS BLOG



CONNECT WITH DOMINIQUE:



@GODDESSVOICE



@DOMINIQUEOYSTON



DOMINIQUE OYSTON

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GISELA PINEIRO
AUSTRALIA

ARTIST & CREATIVITY GUIDE

Gisela Pineiro is an artist and Intentional Creativity teacher, she has been teaching and working with all manner of art and healing for close to 20 years. Her biggest passion is shining a torch for people to see that 'yes, they are creative' and they can draw and paint! The beauty that creativity can bring is immense, from stress relief to releasing old trauma. She believes that everyone has an individual creative spark that when nurtured and given the right tools can grow into a glowing joyful fire.

UNLEASH YOUR INNER ARTIST PAINTING WORKSHOP

Discover:

- **Perfect for beginners or advanced**
- **Experiment with paints, brushes & colours!**
- **Dive in & trust your inner creative power (you all have it...)**

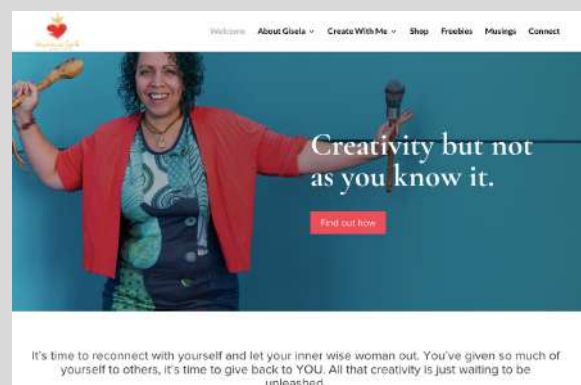
Feel the stress of the everyday fall away as you open up to creative play and take this practice home with you.

When you get busy, it's easy to forget to listen to your heart. Using creative activities such as painting on a regular basis, is an opportunity to create a 'pause point' for you to tune in and feel what your heart needs - rather than your mind dictating your decisions.

Gisela will guide you through her signature process she has shared with women all around the globe, that will allow you to play and explore the art of painting without judgement.

Come away from this workshop not only with an incredible painting, but a new sense of your creative power. Feel the benefits of stepping into a creative head space, and use this feeling to continue your newly found and potent self-care practice at home. Accelerate your success and enjoyment of life with the simple stroke of a paint brush.

WWW.ARTUITIONWITHGISELA.COM



CONNECT WITH GISELA:



@ARTUITIONWITHGISELA



@ARTUITIONWITHGISELA



JEANNE RUSSELL
UNITED STATES OF AMERICA

CONSCIOUSNESS COACH

Jeanne Russell has been on her own journey of healing, transformation and illumination since she was a little girl. As a constant seeker of higher knowledge and higher levels of consciousness, she often sought out and worked with many masters and teachers. To learn more, she took many classes, workshops and seminars on healing, intuition, the law of attraction, yoga, meditation, Chi Gong, Reiki, Channeling Access.

PAST LIFE REGRESSION WORKSHOP

Discover:

- **Know yourself better**
- **Release old patterns that no longer serve**
- **Make peace with your past**

Who were you in a past life?

Your eternal soul has lived other lifetimes which in turn can impact your current career, health, relationships, family and life lessons. Together we will uncover messages from your past lives to help you understand your own patterns and behaviours, so that you can overcome negative blocks and enjoy greater happiness, well-being, and love.

By accessing these memories, there is a power healing that can occur physically, emotionally and spiritually. Is it time for you to let the past go and move forward into a new and brighter future?

As a group Jeanne will take you through a process of sharing, meditation and using Past Life Regression Oracle cards to assist you to tune in and remember your past life experiences. It is a powerful process that can bring to light a deeper understanding of your present situation, and can activate a new level of freedom and empowerment to your future.

WWW.DOLPHINTOUCH.ORG



CONNECT WITH JEANNE:

-  @JEANNE.RUSSELL.52
-  @DOLPHINJEANNE
-  JEANNE RUSSELL



JESSICA MAN
UNITED STATES OF AMERICA

TRANSFORMATIONAL RELATIONSHIP COACH

Jessica Man is a certified holistic health coach and Life Mastery Consultant. She inspires and empowers all those that are drawn to her, to live their highest vision in the context of love and joy. Her passion is teaching clients to unlock their true potential, achieve outrageous success, and live a life they LOVE living. For over 15 years, Jessica has been a highly successful leader and mentor in the home business industry. She has been featured and interviewed by well-known ABC favorite secret millionaire, Dani Johnson because of her success.

YOUR UNIQUE VISION WORKSHOP

Discover:

- **Two essential keys for tuning into your purpose**
- **A 5 point test to know if your dream is right for you**
- **Thinking-strategies to guard you from fear, doubt & worry**

Would you like to eliminate fear, doubt, and worry and move toward your goals with confidence?

In 1853, Henry David Thoreau wrote a famous essay called "Walden," in which he included a hidden code for prosperous living. During this dynamic vision workshop you will unlock this code so that you can harness your life's purpose and the prosperity you deserve.

You will learn what wealthy people do that creates sustained success. Experience a proven method for dissolving resistance you may have to prosperity so you can attract higher levels of results and abundance.

In her content rich interactive workshops, Jessica assesses the relationships of the four domains of your life: Health, Money/Time Freedom, Love/Relationships, and Vocation. Be taken on a journey where you'll discover, design, define and experience a crystal clear vision that is in alignment with your highest purpose. You will have an opportunity to "step into" this imagining NEW life and Learn how to turn possibilities into reality.

WWW.JESSICAMAN.COM



CONNECT WITH JESSICA:



@HIGHERVERSIONOFME



HIGHERVERSIONOFME



JO JOHNSON
AUSTRALIA

STORYTELLER & CONTENT COACH

Jo is a coastal dwelling, storytelling, kinda gal. She loves all things digital but is also a vintage fossicker. She's a dancer, mother, lover and fur baby carer. She's a self-confessed word-nerd and enjoys nothing more than a glass of red with an intriguing book in front of the open fire. Professionally, Jo has been helping businesses communicate and market themselves more effectively for 25 years. She loves language and expression and knows how to use it to connect readers with storytellers.

THE ART & SCIENCE OF STORYTELLING WORKSHOP

Discover:

- **Trust your writer's voice & craft memorable stories**
- **Amplify your confidence & increase your impact**
- **Find value in your own story & everyday moments**

Uncover the unique storyteller within.

In her own business, Jo helps turn experts into leaders through the art and science of storytelling. Her greatest professional power is to take the knowledge inside someone's head and help them bring it down through their heart, via their unique voice, and out through their pen (or keyboard!).

This is very freeing as it gives you the confidence and ability to express yourself fully through the written word without self doubt or over-editing! This is useful for journalling, writing fiction or business communications, or even writing to family members and friends.

Storytelling is an essential tool for effective communication. It helps you deliver your message in an entertaining and memorable way, and elevate from where you are to being seen as a leader - whether that be in the workplace, community, sporting club, family, or industry.

WWW.THECONTENTCOACH.COM.AU



CONNECT WITH JO:



@THECONTENTCOACH



@THECONTENTCOACH



JO JOHNSON THE CONTENT COACH



JOY FAIRHALL AUSTRALIA

POSITIVE PSYCHOLOGY & WELLBEING

Joy Fairhall brings personal insight and professional expertise to help find positive perspectives to overcome and manage significant life-changing events. When her husband passed away quite suddenly when she was 37, and her children were 12 and 14, little did she know that her life path would also change. She has since studied and qualified in many areas of health and wellness modalities, all focusing on what is right in your life rather than what's not, to help and support others through similar life experiences.

THE POWER OF HAPPINESS & JOY WORKSHOP

Discover:

- **Uncover the secret benefits of happiness & joy**
- **A fun & interactive workshop - no boring slides here!**
- **Simple tips, techniques & tricks to implement every day**

Discover the benefits of happiness and joy to bring balance and calm into your life, no matter what life challenges you face.

If ever you've been faced with day to day stress or hit with a traumatic life event, you'll be familiar with the overwhelm, uncertainty and fear that takes over your life. You'll know that when your emotions are in turmoil, you can be filled with uncertainty and fear not only for the day, but quite often about the future.

Even the smallest life challenge can leave you wondering if you'll ever feel happy let alone joyful again. Joy's been where you are now. She's studied and qualified in many fields, personally learning to support others in these overwhelming situations.

In this workshop Joy will be sharing her lifetime of experiences with you. You'll easily & effortlessly be able to move from uncertainty and turmoil to feeling you have control and certainty in your life again, enabling you to experience daily joy & happiness once more. This is a fun and interactive workshop not full of PowerPoints and boring talking, after all it's all about happiness isn't it!

WWW.MINDBODYJOY.COM.AU



CONNECT WITH JOY:



@MINDBODYJOY



@JOY_MINDBODYJOY



JOY FAIRHALL



KATE KAZONY
AUSTRALIA

SOUL MENTOR

Kate Kazony is passionate about sustainability and soul connection. She will show you a whole different way to live that is in tune with mother nature. She has much wisdom to offer after serving as a yoga nun, teaching astaunga practices to women and children around the globe in schools, women's centers and running retreats for 20 years. Kate now lives in Australia with her new family, and they have created a sustainable wellness sanctuary called the 'Glasshouse Yoga Rainforest Retreat Centre', in their tropical Queensland paradise.

PERMACULTURE & ENVIRONMENTAL ART THERAPY WORKSHOP

Discover:

- **Explore the mysteries of Tantric yoga to create balance**
- **Relax into environmental art therapy within a safe group**
- **Connect to your inner tranquility and nature**

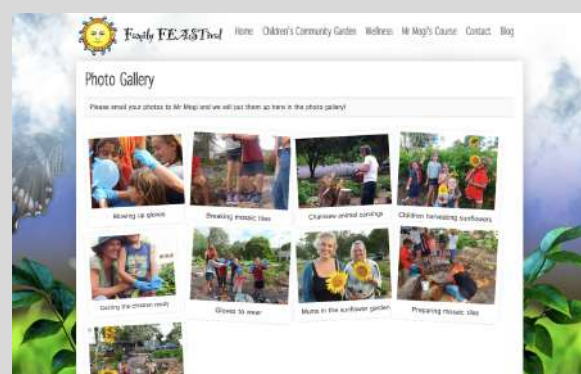
Learn about the five elements of nature: earth, water, air, light and space, and how connected you truly are to the planet.

Women for centuries have woven stories, songs and their dreaming through the metaphors of our environment. As women we easily connect to our planet, Mother Earth.

Be guided and mindfully walk into nature to discover your connection to your immediate environment. Returning to the group with your findings and experience.

This workshop links your interior world to the metaphors of how nature plays in our lives. Reawaken to old beliefs in magic, as if falling in and out of poetry. Direct your longing to feel part of a greater whole, you'll never feel alone or helpless again. The force that guides the stars guides you too.

WWW.FAMILYFEASTIVAL.COM.AU



CONNECT WITH KATE:

-  @GLASSHOUSERAINFORESTYOGARETREAT
-  @FAMILY_FEASTIVAL



KERRY SLATER
AUSTRALIA

INTUITIVE HEALER

Kerry Slater is a Meditation Teacher, Master practitioner of timeline therapy, NLP master coach, hypnosis practitioner reiki master teacher, and psychic medium. Kerry uses a range of tools, to assist her clients gain more clarity on their true purpose, to heal their body and mind, and re-awaken joy and passion in their life. She works with people who are ready for change and ready for overall well being in their lives.

CHAKRA CLEANSING & BALANCING MEDITATION WORKSHOP

Discover:

- Learn & revisit the qualities of your Chakra Energies
- Suitable for beginners to advanced
- Simple techniques you can use at home

During this session you will be guided through a visualisation meditation that will assist you to cleanse, balance and align each of your Chakra energy centres.

Each of your foundational seven chakras (energy centres) of the body have a unique area of your life that they are related to. As you understand each energy, you can bring these centre's into alignment yourself and begin to feel and experience the positive flow on effect within your body and your life.

Tune in and intuitively connect to each of your chakra energies by asking a series of questions to identify the areas of your life that require your attention, and what next step you need to take to change the circumstance. This is a gentle and nurturing process that provides you with practical ways to initiate positive and empowering change in your everyday life.

WWW.HOLISTICESSENTIALSTHERAPY
ANDCONSULTING.COM.AU



CONNECT WITH KERRY:



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ANDCONSULTING



④HOLISTIC_ESSENTIALS_



KIMBERLEY DASHIELL DANZA UNITED STATES OF AMERICA

FITNESS STRATEGIST

Kimberley has been a fitness coach and yoga teacher in Los Angeles since 1980. She has worked with thousands of women worldwide who want to build long term strength, endless comfort, and ageless beauty by using her exquisite fitness sequences. She has trained academy award winning actresses and athletes at all levels, but mostly she loves working with regular folks just like us. She believes that fitness doesn't have to be complicated, and is an expert at helping you get your body exactly where you want it to be.

FIT, FUN, FIFTY-ISH WORKSHOP

Discover:

- Learning to love the body you have today & everyday
- Exploring fitness goals that set you up for success
- Creating a simple workout plan to start using now

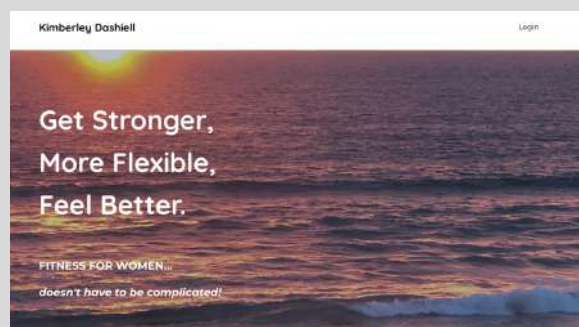
Fifty-ish is such a fun age for your body. By the end of this workshop, you will think so too!

We all know that exercise is important, but it gets harder to figure out what workouts to do over time. Everything that worked before, seems like it no longer does, and everything new feels not quite right either.

We need a whole new approach, a whole new outlook on our bodies and our workouts. We want to feel strong, flexible, and light on our feet, but how? Let's get together and laugh and have fun and talk about what is happening with our bodies and what we are going to do about it.

Stretch and move and explore what works and what doesn't, and why. We will talk about setting goals that feel good and doing workouts that bring success. Each of you will walk away with an individualised plan for the upcoming month that you will be excited about, because it's simple and will bring amazing results. Fitness is supposed to be fun and uncomplicated, so let's make that happen! Please wear comfortable clothes and bring your favorite journal and pen.

WWW.KIMBERLEYDASHIELL.COM



CONNECT WITH KIMBERLEY:



@KIMBERLEYDASHIELLDANZA



@KIMBERLEYDASHIELL



KIMBERLEY DASHIELL



LEANNE BLANEY
AUSTRALIA

BALANCE & ADVENTURE COACH

Leanne Blaney is an Award Winning Author, International Speaker, Podcaster and qualified Coach, Mentor and Trainer. She has contributed to the life success of many by inspiring them to their next level of development and personal victory. She helps people create their Balance Blueprint to escape their current thinking to experience the opportunities and possibilities that life can offer. You will walk away empowered, confident and with an increased sense of self-belief and self-value.

HOW TO JUMP OFF THE BURNOUT TREADMILL WORKSHOP

Discover:

- Identify small behaviours that can change everything
- How to really prioritise your 'To-Do' list
- 10 Steps of commitment to a balanced you

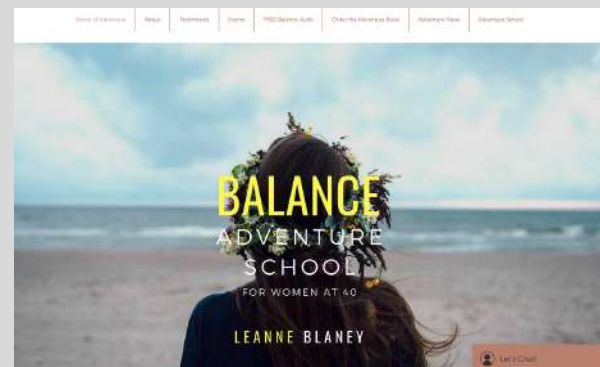
This workshop is for those who are emotionally, mentally and physically exhausted.

Women who are on the road to burnout generally feel overwhelmed, suffer from major procrastination, and can become cynical, negative and resentful of the world even when they don't want to be.

We will identify what's holding you back and work through 10 key steps to reverse your burnout trend, allow you to build resilience and see a bright future where you can blossom into the magnificent woman you truly are.

You will be shown how to get off the road to burnout by first identifying what is happening with you right now. Then you will put your personal tools and strategies together to shift your state to one where you can see what really matters to you, enhancing your energy and igniting your passion for life again.

WWW.LEANNEBLANEY.COM



CONNECT WITH LEANNE:



@LEANNEBLANEYADVENTURES



@ADVENTURESSCHOOLWITHLEANNE



LEANNE BLANEY



LISA HARTWELL
UNITED STATES OF AMERICA

CLINICAL PSYCHOLOGIST

For over 32 years on the island of Hawaii, Dr. Hartwell has worked in trauma as an Emergency and Flight nurse and two decades of those years as a clinical and forensic psychologist. She is considered a masterful coach in the areas of anxiety and relationships, specialising in retreats that transform your ability to build, repair and strengthen your relationships despite daily stress and the presence of anxiety. Her vision is help others discover the core reasons for relationship patterns and behaviours that seem to repeat at home and in the workplace and how to resolve them for more peace and ease.

THRIVING RELATIONSHIPS WORKSHOP

Discover:

- A gentle discovery of your core reasons for cyclical behaviour
- Taking 15 seconds to calm your fight or flight freeze responses
- How to focus on connection & clarity to cope with conflict

There are patterns in your home or work relationships that repeat and repeat and you just don't know why! Come and learn the 3 steps to get you off the merry-go-round!

You are not necessarily emotionally distraught, but it does feel you are in need of a "personal tune-up" in your relationships. If you want to finally get to the root of those pesky issues that keep coming up, this workshop is for you.

Feeling stuck, confused and reacting the same way, may feel like you can't help it. It's hard for you to stay away from criticism and blame during conflict. You're not alone! It is for many of us.

Let's change this while you heal, grow, and nurture yourself at this retreat, to create the utmost creative, supportive and even loving partnerships in your life. With respectful, loving and compassionate relationships, we can all do amazing things in the world that we are meant to do, while enjoying the best of life and love with fun, ease, and grace! Let's stop the cycle and return you to your Self. Your Core. Your Soul.

WWW.DRLISAHARTWELL.COM



CONNECT WITH LISA:



@HIDLISA



@DRLISAHARTWELL



DR LISA HARTWELL



MARILOU COOMBE
AUSTRALIA

MAMMA MENTOR

Marilou is a passionate life coach, mentor and mother. Being a mum has taught her the most about the life she is creating for her family. Looking closely at what drives her and what matters to her in life, she started working with children and their families to empower and help them connect more deeply and be their best possible selves. Her mission to empower children in particular, required Marilou to become a game changer in her own right in order to teach her children and other families to walk their talk.

MAMMA CARE: VALUE BASED PARENTING WORKSHOP

Discover:

- **Stop & take time to re-connect with your values**
- **Examine your use of language**
- **Identify your support team**

Explore your values and understand how they affect your parenting.

In this interactive session we will be examining the language that you use in everyday life - including self-talk, your beliefs, and how these reflect and influence how you bring up your children.

You will walk away with a clear vision of what is important to you and how to live in alignment with this, no matter how many balls you are juggling. Experience easy techniques to feel grounded and confident with your decision making.

You'll be creating a Vision Board as the vehicle for this process as it draws on many elements using various senses to help you implement your learnings. Although you may delve deep into your soul, keeping things fun and creative is high on Marilou's list, and will ensure you will feel light and clear in your family vision.

WWW.MARILOUCOOMBE.COM



CONNECT WITH MARILOU:



@ORCHESTRATEPARENTING



@MARILOUCOOMBE



MELANIE MIDEGS
BALI, INDONESIA

FUTURIST & PSYCHOSOMATIC THERAPIST

Melanie Midegs has been living in Ubud, Bali for the past 5 years and is an International Speaker, Thought Leader and Teacher of Chakra Philosophy for Business & the Modern World. She has taught her workshops globally, the most memorable from Mahatma Gandhi's home in South Africa. Her strong message of valuing sustainability & humanity over economics - creating conscious businesses from the inside out, has captured the attention of global companies such as Lululemon. After battling with a sex and love addiction in her 20's, Psychosomatics & the Chakra Systems was what finally woke her up & set her free.

FACE READING & CHAKRA PHILOSOPHY WORKSHOP

Discover:

- What the features of your face say about your personality
- How feminine & masculine energy play out in your body
- How to use emotional intelligence with your chakra system

We promise you will never look at yourself in the mirror the same way again!

In this introductory workshop participants will complete a personality & behaviour analysis on themselves via looking at the structure and features of their face.

Melanie is a trained Psychosomatic (mind/body connection) Therapist, and Teacher of Chakra Philosophy. She has been a Face Reader for over 6 years and has read over 550 faces.

She will explain to you how the Chakra System can be seen in your face and help you to realise your brilliance. Your body and your face are a direct reflection of your emotional wellbeing on the inside. Be ready to experience a unique workshop that will open your eyes to a whole new way of perceiving who you are, and how to bring your gifts into the world.

WWW.SEEDTOSOUL.COM.AU



CONNECT WITH MELANIE:





MIGNON LEE-WARDEN AUSTRALIA

SOUND HEALER

Mignon Mukti (Lee-Warden) is a musician and sacred activist. Her background includes 30 years as a professional musician, actress, event coordinator, sound healer, and energy healer. Mignon first made her mark performing and organising resistance concerts in South Africa during the apartheid regime, where she grew up in an activist family and used music and theatre to effect change. She led the first Gay Pride March in Africa in the 80s with her powerful songs. She leads singing and chanting circles for people from all cultures, paths and at women's sacred events.

SACRED SOUNDS WORKSHOP

Discover:

- Learn sounds, mantras & ancient chants
- Rebalance your nervous system and energise your chakras
- Experience crystal bowls, tuning forks & medicine drum

Join a divine journey of transformation using sacred songs, nada yoga, mantras, crystal alchemy bowls, meditation and chants from ancient women's traditions.

Feel the benefits of experiencing the sound of rose quartz crystal alchemy bowls with a guided meditation to earth and ground ourselves and dissolve stress or anxiety.

Mignon combines Nada Yoga (the Yoga of Sound) with mindfulness to calm your mind, and will open your heart and voice to the feelings of joy and freedom that rise from singing ancient chants from diverse women's and Goddess traditions.

As a group learn the long form of the Gayatri Mantra which brings strength, transformation and balance to all aspects and dimensions of your being. Included in this workshop are song and mantra words, toning exercises to balance chakras and daily practices we can take home to continue the journey of sound and song.

WWW.MIGNONMUKTI.ONLINE



CONNECT WITH MIGNON:



@MIGNONMUKTIMUSIC



@MIGNON1959



MIGNON MUKTI



RADZY CASSIDY INDIA

QOYA TEACHER & INTUITIVE HEALER

Radzy Cassidy is a Coach, Qoya teacher & leads the #FulledByJoy rebellion.. She works with women; supporting them to connect and discover their inner joy. Her work is based on the concept that within each one of us is the 'Seed of Creation' which manifests as joy. As we re-discover and connect to this seed, each one of us can create a life we love. Her work is to empower, support and lead women through inner and outer transformation by acknowledging and witnessing their own source of joy and expressing themselves from this place.

QOYA MOVEMENT WORKSHOP

Discover:

- **Feel joy-full & connected with your body**
- **Create a dynamic relationship with yourself**
- **Honour the deep wisdom of your being**

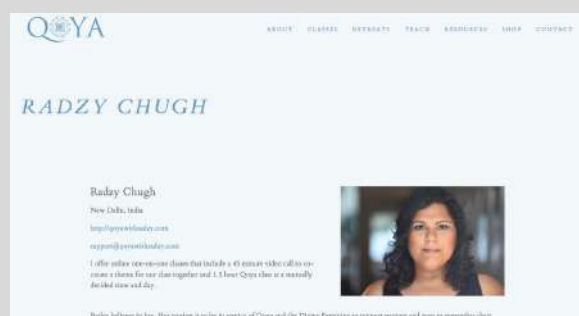
Qoya is a movement practice based on the idea that when women move, we remember our essence as Wise, Wild and Free.

Qoya combines the wisdom of yoga, the creativity and free spirit of Dance and the pleasure of feeling feminine movement in our bodies. It is an invitation to get out of your head and into your heart.

In Qoya, there is no way you can do it wrong and you know you're doing it right, if it feels good to you. As you follow what feels good to you, you get in touch with your True North in your body. Qoya is a 'get-out-of-jail' free card- it is an opportunity for you to break free from your inhibitions and re-connect with yourself.

During a Qoya class, you connect with what is present within you. You come as you, and leave feeling more of who you are. Wear comfortable clothes and bring an open heart. This movement practice will give you the opportunity to re-define and strengthen your relationship with yourself.

WWW.QOYA.LOVE/RADZY-CHUGH.COM



CONNECT WITH RADZY:



@SHININGINLOVE



@SHININGINLOVE



SARAH RICHARDSON
UNITED STATES OF AMERICA

RUNNING COACH

Sarah loves to run and is the owner of Rise And Shine Running. She will immerse you in ways to maintain motivation and stay injury free while running. Running slumps, inconsistency, discomfort, aches/pains and injury can be a thing of the past. If you're looking to create a consistent, life-long running practice that brings you joy, empowerment and a host of health benefits, she is the coach for you

PRINCIPLES FOR EMPOWERED & INJURY FREE RUNNING WORKSHOP

Discover:

- **How to run without injury**
- **A mind-body connection that is truly genuine**
- **Motivational techniques to keep you consistent**

Is it time to transform your relationship with running?

If you're looking to create a consistent, life-long running practice that brings you joy, self-confidence, inner strength, and a host of health benefits, this is the workshop for you!

Spend your mornings with Sarah Richardson, Author, Master ChiRunning Instructor, and owner of Rise And Shine Running, as she immerses you in ways to maintain your motivation and stay injury free while running.

Get ready to ditch your excuses and run with confidence. You'll leave using the '4 Pillars of a Sustainable Running Practice' to add excitement and purpose to each and every run.

Also, you'll nail your running form with a technique that will get you in touch with your body and help you understand past injuries, solve current injuries, and avoid future injuries. Equipped with key strategies for motivation and keeping your body safe, you will finally fall in love with running again!

WWW.RISEANDSHINE.RUN



If you're a struggling runner ready to ditch excuses, get consistent, feel good and love running again, check out The Anatomy of a Sustainable Running Practice. This Infographic & Video Series is so much

CONNECT WITH SARAH:



@RISEANDSHINE.RUN



@RISEANDSHINERUN



SARAH RICHARDSON



SHANNON BUSH AUSTRALIA

CHIEF LIBERATOR & THRIVE ACTIVATOR

Shannon Bush has a singular purpose - to bring effortless success to your personal life, your business or career. How she delivers her unique method of coaching is diverse, inventive and consistently refined with each individual or group she's working with as a teacher, cheerleader and personal liberation advocate. Shannon is all about YOU thriving. She's the founder of The Thrive Factor framework, a permission activating experience for women to unlock their effortless success zone, no matter their dreams.

INTENTIONAL PERMISSION WORKSHOP

Discover:

- Crystal clear clarity on what serves you
- Express your innate potential fully and without restriction
- Define your core strengths so you have an easy reference

An interactive, highly engaging and wonderfully creative workshop, Intentional Permission will be the ideal accompaniment to Shannon's keynote presentation - You; Totally Thriving.

You will be able to take the motivating inspiration you have gained from Shannon's talk to get out of your own way and boldly live limitlessly and effortlessly and engage with this permission activating experience.

Shannon will lead you through an exploration to embody your potential to completely embrace the art of self permission.

As creative, adventurous, wise, inspiring women, we doubt our purpose in life. Imagine having something to remind you of your dreams and why it's important to action them. Instead of waiting for permission from someone or something else, open yourself to Intentional Permission and start living life the way you've dreamed.

WWW.CREATIVEPOSSIBILITY.COM.AU



CONNECT WITH SHANNON:



@SHANNONBUSHBUSINESSCOACH



@CREATIVEPOSSIBILITY



SHANNON BUSH



SILFATH PINTO
BENIN

TRANSFORMATIONAL COACH

Silfath Pinto has guided hundreds of women in facing their fears, limiting beliefs and doubts to walk in power, grace, beauty and wisdom. As an international practitioner, she has seen how a hectic lifestyle and senseless perfection demands have shrunken women, deluding their power & reducing their spark. She has helped the structured career woman, the overwhelmed caretaker – mom, wife, daughter, sister– the disenchanted single woman, the diet junky, the hidden swan to transform their health, love life, career & family relationships.

FEMININE MAGIC: UNLEASH YOUR CREATIVE POWER WORKSHOP

Discover:

- **Learn how to harness your sexual energy**
- **Cultivate your pleasure**
- **Release old fears and patterns through a series of tantric feminine practices**

The Modern Woman is unveiling a new type of leadership and feminine radiance, and the womb is at the heart of it.

In this workshop, uncover ancient wisdom and modern discovery of the power that lies in your belly. The womb is at the centre of your feminine power, and your capacity to create, flow, enjoy and be deliciously magnetic is directly related to how juicy, nurtured and healthy our womb is.

Silfath Pinto guides you through a journey of self-discovery and celebration. You will uncover how your leadership, happiness and self-mastery are directly linked to your ovaries, uterus, cervix and vagina. Ultimately, the gift is to remember that you are a Divine Creatrix and your most beautiful masterpiece is your life.

WWW.SILFATHPINTO.COM



CONNECT WITH SILFATH:

-  @SILFATHPINTO
-  @SILFATH.SOPHIA
-  SILFATH PINTO



STASHA WASHBURN
UNITED STATES OF AMERICA

THE PERIOD COACH

Stasha Washburn is The Period Coach, the bloody kind not the grammar kind. A dancer, chef, sword fighter, tai chi practicing, speaker, author, skateboarder, INTJ, foul mouthed, football loving, digital nomad, pinning her down is nearly impossible.

She'll go anywhere as long as there's a tea kettle and WiFi. Author of *The Revolution Will Be Bloody*, and creator of The Period Coaching School, Stasha is training women to lead, heal, and connect to their cycles, create a successful business that generates income, in flow, so women have more money and thus more power. This is how she plans to take over the world.

PERIOD & MENOPAUSE WORKSHOP

Discover:

- Learn the secret superpowers your cycle holds
- Receive Stasha's signature mandala to chart your cycle
- How to use your cycle to your advantage at any age

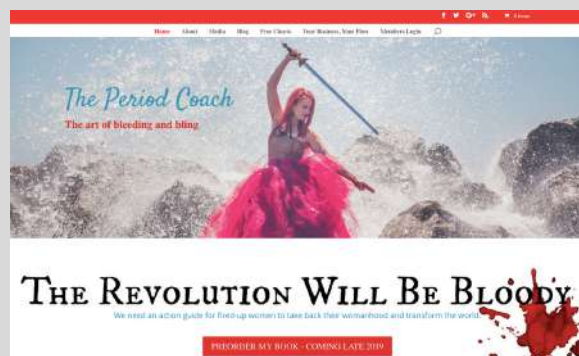
We all have daughters, or sisters, or granddaughters, and so on... and most of us have friends, or clients, or coworkers, or employees who are menstruating (or will be soon), and they need you to be here.

Gaining this knowledge will help, not only you, but everyone around you too. So please come one, come all!

Stasha will be sharing with you the fun, practical, and energetic information you need to know about your period. She will also be sharing how your cycles don't stop just because you stopped bleeding. You'll learn how to tap into your power at every stage of every age.

Stasha is nothing if not practical so you'll walk away with actionable ideas. She will show you how we can make a difference not only for ourselves but for everyone in our lives.

WWW.THEPERIODCOACH.COM



CONNECT WITH STASHA:



@STASHAWASHBURN



@STASHAWASHBURN

THE RETREAT EVERY WOMAN NEEDS
WWW.ULTIMATEGIRLSWEEKAWAY.COM



TAMMIE PIKE AUSTRALIA

WELLNESS COACH

Tammie Pike is a Wellness Coach, Qoya Teacher, Intuitive, Self-Love & Empowerment Facilitator who is dedicated to helping you to awaken the woman you want to be. After healing herself from traumatic experiences, and her daughter's health crisis, she was determined to create organic & natural products that were good not just for your body but for your mind and soul. Her range of products include beautiful and nourishing ingredients - each one a powerful tool to assist re-wiring sub-conscious limiting beliefs with positive and powerful ones.

DE-STRESS & ORGANIC SKINCARE WORKSHOP

Discover:

- A quick sacred morning ritual to ease into every day
- Your feminine beauty essence & how to nourish it
- Give yourself a mini facial that you can easily do at home

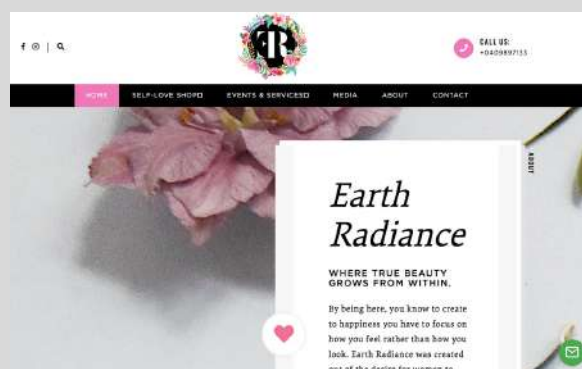
Your daily practices set you up for success - not only the rest of the day, but your week and year. Make the most out of every morning as it's the most powerful time of your day!

We only have around 25,000 days within our adult life, so let's make them count. Instead of rushing through life, stressed & overwhelmed, imagine starting each day grateful, grounded & focused by including simple yet effective inclusions to your daily practices.

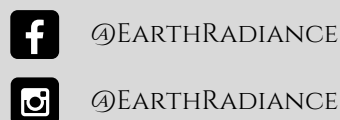
Let go of stress, guilt & worries by focusing on you & your well-being. Reprogram limiting beliefs & habits to set strong foundations for you to be the woman you desire to be.

In this workshop Tammie will take you through profound techniques that will educate, nurture & inspire you to create more ease and beauty in your every day. Be taken through a step by step mini facial and lap up the nourishment as you are guided through a relaxing meditation. Leave with an amazing sense of connectedness and the understanding of how important you truly are.

WWW.EARTHRADIANCE.COM



CONNECT WITH TAMMIE:





TRACY VERDUGO AUSTRALIA

ARTIST, AUTHOR & INSPIRATION INSTIGATOR

Tracy Verdugo teaches her Paint Mojo and other creative workshops all over this amazing planet and reminds her students of the wonder that already resides within them. Her works are vibrant and filled with joy, inspired both by global travels and the simple beauty of the focused moment. Since 2000 Tracy has held 18 successful solo exhibitions and her works are held in collections both in Australia and internationally.

YOUR SACRED MARK WORKSHOP

Discover:

- Creative workshop suitable for beginners to advanced
- The perfect way to jump start your creativity
- Open up a new mindset through intuitive artmaking

Find raw inspiration in nature's wild heart to hone your own unique creative voice and explore playful intuitive mark making alongside reflective composition, right and left brain working together in harmony.

On this gorgeous island we'll go on a treasure hunt together for nature gifts, using twigs, leaves and other found materials to create a small series of sacred paintings. We'll embrace the contrast in dark and light, straight and curvy, bold and delicate, discovering that the creative process is a beautiful metaphor for life, helping us to move out of our stuck places and into flow and alignment.

In this class is Tracy invites YOU to step into serendipity and the juicy abundance that comes with learning to focus on the sweet spots and open yourself to possibility. Tracy will share with you an array of techniques and invite you into the beauty of your own way of seeing the world, help you find ways to loosen up and embrace limitless possibilities in your art making through acrylic ink, collage and written word. Together we'll move through any stuck places and find freedom, looseness and a new way forward through creative exploration.

WWW.TRACYVERDUGO.COM



CONNECT WITH TRACY:



@TRACY.VERDUGO



@TRACYVERDUGO



@TRACY_VERDUGO

The Ultimate Girls Week Away Retreats

OUR VISION STATEMENT

To create extraordinary experiences that give women from around the globe, permission to be themselves while learning about different cultures, connecting with inspiring female leaders, & providing a supportive community that celebrates everything that it means to be woman.

AND PROUD SUPPORTERS OF

A portion of every woman's UGWA Retreat Package will be contributed to So Brave.



For more info: www.sobrave.com.au



For more info: www.youthinsearch.com.au



OUR 2020 ULTIMATE RETREAT ACCOMMODATION PARTNERS IN FIJI



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