



Self-Reflection

A Gift Just For You

explore

You will have an opportunity to explore your own experiences, thoughts and feelings through the process of creative expression

Topics include

- Relaxation
- Self-care
- Personal strengths
- Celebrating achievements
- Myself as a ...
- Hopes & Dreams

create

No previous creative experience necessary.

Have fun experimenting with your own photos, images, words and craft materials.

Creativity can be a wonderful way of expressing ourselves and identifying what is important in our lives.

Upon registering, you will be provided with a list of creative materials to bring to the program.

You will finish the program with a beautiful album that expresses the unique and wonderful you.

fun

**Nyesha Ellis**
PSYCHOLOGIST
BPsych, BA(Hons - Psych)

Nyesha is a caring, intuitive and professional Psychologist passionate about supporting people on their journey of self-growth.

Phone 0419 565 980

Email nyeshaellis11@gmail.com

www.nyeshaellis.com

 Nyesha Ellis - Psychologist

2 Day Weekend Intensive Personal Development Program for Women

When Saturday 5th & Sunday 6th August, 2017
9.00am-4.00pm

Where Northlakes Community Centre, Ballina

Cost \$350 + own materials
morning tea provided

Register by Phone 0419 565 980
before Friday 28th July, 2017